



LUCID DREAMING

EASY GUIDEBOOK TO UNDERSTAND,
PRACTICE, AND MASTER LUCID DREAMING
WITH ADVANCED TIPS AND TECHNIQUES

JOSHUA SMITH

LUCID DREAMING:

Easy Beginners Guidebook to
Understand, Practice, and Master Lucid
Dreaming With Advanced Tips and
Techniques

Introduction

I want to thank you and congratulate you for downloading the book, “Lucid Dreaming: Easy Guidebook to Understand, Practice, and Master Lucid Dreaming With Advanced Tips and Techniques”.

This book has actionable information that will help you to understand, practice and master lucid dreaming.

Researchers have published studies showing that when to put to good use, the human mind can achieve so much more than we are currently aware of. One concept that is gaining popularity because of this research is Lucid Dreaming.

While most people know next to nothing about the concept of lucid dreaming and its benefits, individuals who understand lucid dreaming can attest to its effectiveness at treating mental issues such as depression and anxiety, stopping incessant nightmares, and enjoying better quality sleep.

In this book, we will be delving deep into the concept of lucid dreaming so you can learn how to practice and master this dream concept and gain a deeper understanding of the neural processes that play out in your unconscious mind as you sleep.

Thanks again for downloading this book. I hope you enjoy it!

BONUS!! READ TO THE END OF THIS BOOK To Receive Your Free Bonus 4 Page PDF Lucid Dreaming!!



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Before you can get to the point of practicing lucid dreaming, it is important that you have a strong understanding of what it is and what it entails first, so you know what you are getting yourself into. Let's begin.

Chapter 1: Understanding Lucid Dreaming

What Is It?

In its simplest terms, lucid dreaming refers to being able to recognize you are dreaming whenever you visit “dreamland” while asleep. In this case, you can tell where you are, who you are with, and what you do in your dreams; everything is clear as if you are awake! That's perhaps why studies have revealed that lucid dreaming resembles waking consciousness since both involve activities at the prefrontal cortex (the part of the brain that is involved in different complex behaviors such as planning, reasoning, memory, logic and problem solving and contributes significantly to personal development).

It is, therefore, safe to say that lucid dreaming is all about sharpening the edges of your consciousness to make it capable of recognizing when you are dreaming. Your ability to recognize the commencement of your dreams is vital for your active participation in such dreams. For instance, if you find yourself in a dream with one of your most admired scientists in real life, you can learn certain things you have been finding difficult and gain deeper knowledge about important life issues you have been finding a bit puzzling.

People who understand lucid dreaming come to a state of consciousness in their dreams that helps them summon whichever fantasy character they wish such as their life crushes, their music or movie icons, role models, etc.

While research into how best to initiate and induce lucid dreams in people who have not been having them is still a work-in progress, there is no proof to suggest that inducing lucid dreaming is easy. However, several studies have shown the possibility of increasing the frequency, and duration of lucid dreaming. Why would that be necessary anyway?

Well, mastering the art of lucid dreaming will greatly help you control your thoughts, imaginations, and curb your frequent nightmares. There are no limits to what you can do with and in your dreams when you master lucid dreaming. Some lucid dreamers have gone as far as summoning their dead loved ones to spend some beautiful moments with them and ask them some relevant questions that have been begging for answers since their demise.

Moreover, some therapists now include lucid dreaming as part of their treatment regimen when dealing with generalized anxiety disorders, depressions, panic attacks, and several other issues rooted in a patient's mindset and line of thoughts.

These therapists teach you to challenge the boundaries of your dreams by discovering the hidden possibilities attributed to the human mind such as procuring precognitive and telepathic information while engaged in lucid dreams.

In all, we can rightly say that lucid dreaming is your ability to become consciously aware of your dreams while in your dream state to exert control of your thoughts and the characters, as well as what plays out in such dreams.

As we move on, you will see some of the major benefits of lucid dreaming, how to practice and master the art of lucid dreaming, and some advanced tips and techniques you can adapt to recognize when you are dreaming, increase the frequency of your lucid dreams, and enjoy several other benefits of this advanced dreaming technique.

Let us start with looking at some of the benefits of lucid dreaming

Chapter 2: Benefits of Lucid Dreaming

Lucid dreaming has some benefits. Let us consider some of the most common ones: Helps You Access Some Powerful Information about Life and Yourself
When you lucid dream, you can quickly summon a jewel that can tell you anything you have always wanted to know about yourself or any other life issue. You can gain vital

information about your inner strengths, your unharnessed skills, forgotten past events, your potential, etc.

This jewel only exists in your subconscious mind, and lucid dreaming brings this unconscious treasure to life. This is one of the major benefits of lucid dreaming, but before you can enjoy this benefit, you must learn how to become conscious of your dream states before learning how to make requests.

Gives You the Ability to Do Whatever You Want

Each lucid dreamer has a different thing he/she would love to explore while

in a lucid dream. If you have always had problems related to chronic anxiety or social anxiety disorders, lucid dreams can help you gain full control of your nerves.

While in a lucid dream, you can address any size of audience you wish to address without any qualms. You can summon the United Nations General Assembly and address the members of parliament for as long as you want. Practicing this helps you become a better orator and efficiently handle public appearance phobia.

Some lucid dreamers who have serious crushes on international celebrities have used their lucid dreams to hang out with their favorite stars and even get intimate with them.

Lucid dreaming allows you to live your fantasies such as flying your private jet all around the most beautiful Islands in the world, getting married to anyone be it a Kim Kardashian, Brad Pitt, Jenifer Lopez, or a Michael Jackson. This can be exceedingly satisfying and refreshing.

Improves Your Quality of Sleep

Becoming aware of your dreams as you sleep helps you enjoy a much more peaceful sleep. Lucid sleep and lucid dreaming help you achieve the level of relaxation you need to enjoy the best quality sleep. This is possible when you deal with your occasional nightmares and racing thoughts that crop up occasionally to bring you to a state of conscious wakefulness before the break of dawn. This is among the most commonly reported benefits of lucid dreaming among people who practice lucid dreaming.

Improves Your Memory

Your sleep plays a dramatic role in strengthening the memories of your waking life. The memories reinforced by your lucid dreams are what we call episodic memory and semantic memories. Lucid dreams increase episodic memory while deep sleep strengthens semantic memories.

Episodic memory is the memory you need to learn new skills and perfect the skills you already possess. On the other hand, semantic memory deals with your ability to recall relevant facts and life events. Lucid dreaming strengthens both memories. This benefit is the most important for students and young people since it plays a vital part in increasing their mind enough to seal whatever they learn during their day.

Helps You Learn New Skills

Lucid dreaming can help you learn and actually master new athletic skills. Researchers have shown that as a footballer, the pattern of the neuronal activation in your brain when you dream of scoring a goal is almost the same as what is obtainable when you actually score a goal in the field of play.

Practicing lucid dreaming can be a form of an athletic train that helps you practice and master new skills. This is also applicable to people who engage in other forms of sports/ activities such as cycling, mountaineering, playing an instrument, singing, acting, etc.

In lucid dreams, you choose the best field of the game and sporting arena to practice your skills and master new techniques you can apply in real life competitions.

Helps You Deal with Phobias and Panic Attacks

If you have a phobia for heights, lucid dreams can help you quickly overcome such phobias. In your lucid dreams, you can board an airplane and jump out of the plane in midair. Lucid dreams help you undertake such adventures without risking any fatal fall.

In a lucid dream, you can control the speed at which you descend at once you jump off the plane, you can slow down time, float like a balloon, and maneuver the entire fall process until you land safely. Lucid dreamers with a phobia for flying have reported overcoming their fear of heights after jumping off an airplane at about 10, 000 ft. Above sea level. The same principles apply to all other forms of phobias such as a phobia for crowds, water, animals, speedboats, etc.

Having considered some obvious benefits of lucid dreaming, let us now look at simple and practical reality checks that help you know when you are lucid dreaming:

Chapter 3: Reality Check Techniques That Help You Tell When You

Are Dreaming

Dreaming as you sleep is a natural phenomenon that happens to everyone. However, it is often easy to take these ideas for granted and not record whatever is going on in dreamland. However, carrying out routine checks makes you more conscious of your dream states. Here are some reality checks you can do to know when you are dreaming:

Self-Examination Check

Take time to examine yourself beginning with your hands, arms, legs, and clothing. This will help you know when you are dreaming. When you are dreaming, you are likely to find yourself wearing clothes you do not have in your wardrobe. Also, looking at the reflection of dream body will help entrench your lucidity.

Mirror Check

Locate a nearby mirror and take a good look at yourself. While gazing at yourself, ask yourself if you are awake or dreaming. Most times, you will probably see a strange reflection of yourself that might look startling such as an older, younger, uglier or more beautiful version of you. Seeing your reflection looking different from anything you remember yourself looking like is also a good way to tell you are in a dream state.

Gravity Check

Another very useful reality check you should run is to throw up an object that should typically obey the law of gravity (you do all that in your mind while asleep). If the object goes up and decides to stay up, thus disobeying the law of gravity, it is a good sign you are dreaming.

Questioning Your Dream Characters

Another reality check you can do is ask your dream characters. Some people who appear in your dream may not look as healthy as everyday people should. Once you learn to spot weird details about your dream characters, it becomes easier to know when you are dreaming.

The Penetration Check

The penetration test is all about trying to push your fingers through any solid surface such as a wall, your palms, glass, metals, etc. In your dream state, it is easy for your fingers to push right through any surface, something not possible when you are awake.

Light Switch Check

Turning any light bulb switch, you find in your dreams helps you know when you are dreaming. If you are dreaming, the chances are that the switches will malfunction. Pay close attention to how the bulbs respond to the turning on and off commands. If they do not correspond, you are dreaming.

Carrying out the reality checks above will help you to understand whether you do have lucid dreams at any time. From then on, you will be able to tell just how much effort you need to put to get to the next level of lucid dreaming whenever you want. Having learnt about these reality checks that can help you know when you are dreaming, let us consider techniques that help you master your lucid dreams, and induce them more often.

Basic Techniques to Help You Master Lucid Dreaming and Induce It More Often

As a beginner, there are certain steps you need to take to master the art of lucid dreaming. While there are no hard and fast rules to becoming an effective lucid dreamer, there are tested and trusted tips you can always rely on to get the best from your lucid dreams.

Below are some of the most efficient steps to practicing lucid dreaming:

Begin With a Dream Journal

One of the first steps to practicing lucid dreaming is to start a dream journal. A dream the journal is important because it sharpens your memory thus helping you know when you are dreaming or not dreaming. Instead of spending the first few minutes of every morning browsing through your phone and chatting on social media, you can dedicate that time towards thinking through what played out in your subconscious mind as you slept. Initially, remembering your dreams might not always come naturally. With time and commitment, however, it will become easier to recall where you

were as you slept, whom you were with, and what roles you played.

Remembering your dreams and keeping a journal will help you know when you are dreaming since it will help you quickly recognize the sceneries, characters, and several other attributes of your dream state. However, to keep a dream journal, you need to improve your dream recalling abilities.

Master the Art of Dream Recall

Your ability to recall your dreams makes it easier to have frequent lucid dreams. If you are not one of those lucky few who can easily remember their dreams, below are some tested techniques that can help you improve your dream recall abilities:

✓ Learn To Stay Motionless When You Awake

Do not open your eyes as soon as you awake. Do not even attempt to move. Lie as motionless and still as possible and stay that way for a couple of minutes before opening your eyes and stepping out of bed.

✓ Wake Slowly

Do not rush out of your sleep state by engaging your mind in the tasks you need to accomplish during the day. Wake slowly and try to recall what happened in your dreams. Once you let the thoughts of what lies ahead flood your mind, your dreams will recede to where recalling them would be impossible. Instead, focus your mind on what you were dreaming about and what you were doing in your dreams.

✓ Remember the Subject of the Dream

The details of your dream will not all come at once, but if you can remember whether it was a journey, a meeting, a date, an adventure, etc., it becomes easy for other details such as where, with whom, when, and why of the dream to fall into place gradually.

✓ Run Through a Dream Checklist

Your dream list should include places, people, things you talked or thought about the previous day such as friends, foods, places, foods, movies, music, family, business, etc. This will help you remember parts of your dream once your mind runs through an item of the checklist that relates to what you were dreaming about.

✓ Experiment with Different Sleeping Positions

It is easier to recall your dreams when you are lying in the same sleeping position you were as at the time of the dream. First, begin with the position you woke up in, and try others positions for maximum recall. For instance, if you woke up lying on your right, try reminding all you can before changing to your left, then the back, and finally lying face down.

✓ Carry Your Dream Journal

Sometimes you may not remember anything about your dreams until a particular person, place, or event reminds you. This might happen anytime during the day. Having your dream journal handy will ensure you write down these memories as you recall them. The more you write, the more details you will remember about the dream.

Improve Your Level of Awareness and Mindfulness through Mindful

Meditation

It is one thing to learn to induce lucid dreams often and an entirely different thing to stay In a lucid dream state for as long as you would want to. One technique that can enable you remain in a lucid dream longer and get the best from those dreams is mindful meditation. Mindful meditation is a mental exercise that helps keep your mind relaxed and grounded. By practicing mindful meditation, you will accustom to staying in your lucid dream even when there are interferences from your physical surroundings that could bring you to a state of sudden wakefulness such as noises from your wall clock, chirping morning birds, honking car horns, the sun streaming through your window pane, etc.

Steps to Practicing Mindful Meditation:

Practicing mindful meditation is not such a hard task. Follow the steps below to achieve the level of mindfulness you need to stay in lucid dreams longer:

1. Find an appropriate time to meditate: The best time to meditate is during the first few hours of the day. Waking up a little earlier than usual helps you have more time at your disposal to engage in mindful meditation. These first hours of the day are necessary for meditation owing to the serenity and privacy they avail you.

2. Find a conducive place to meditate: To make your meditation lucky, another Important factor you should consider is the location. Find a quiet place in your home, office, or school where you can meditate without any disturbances.

3. Focus on your breaths: If you are just beginning the practice of meditation, the first The thing you must learn is how to focus on your breaths and nothing else. Focusing on your breaths helps you learn to focus on the present and pay attention to one thing at A time. Focusing on your breath helps you stay relaxed, which allows you the ability to disallow thoughts of things you did not do right in the past and what the future holds dominate your thoughts.

Time Your Lucid Dreams

According to Dr Laberge, a neuroscientist and Stanford researcher, waking yourself in the middle of the night and reminding yourself you will lucid dream in the next 20 minute to increases the probability of lucid dreaming. This technique aims to make your dream state as real as your wakeful state. Once you achieve this, it becomes easy to switch to a lucid dream state.

Practicing this often will help you wake up and fall asleep before dawn. Obliterating the line between your dream state and wakeful state helps you stay aware of your dreams and control what happens when you dream.

Let us now discuss effective techniques that can make your lucid dream practices successful.

Chapter 4: Practicing Lucid Dreaming

Practicing lucid dreams become easier when you know what you can do in lucid dreams, how to control your lucid dreams, how to stay lucid, how to summon fantasy characters in your lucid dreams, how to change sceneries, etc.

We will be looking at each of these in detail. What You Can Do In Lucid Dreams

A complete lucid dream is very tangible and visually detailed. The dream world is as infinite as anything you have ever considered infinite. In lucid dreams, you have neither boundaries nor laws. Whatever your mind conjures plays out in your lucid dreams, and therefore, there is no limit when it comes

to what you can do in your lucid dreams.

You can decide to play the role of any super hero you grew up loving and admiring in movies and games. You can be the amazing Spiderman and save your chosen Mary Jane Watson. You can fly from city to city like the Iron Man watching other people's back. You can decide to make love to your most admired celebrity. You can travel in time to take part in a future most people only wonder what it would possibly look like when it arrives.

You can fight dirty and win all battles like the most energetic ninja. You can even re-live some of your most cherished childhood memories.

While all these are good and fun, apart from pursuing mere fantasies, there is a whole lot more you can do in your lucid dreams.

According to psychologists and dream experts, lucid dreaming gives you the opportunity to engage the other parts of your psyche by interacting with the characters in your dream. It also helps you engage your subconscious mind more actively by interacting with the dream itself. Discovering lucidity will open you to the world you could never have imagined and gives

you the power to control the universe and manipulate life events using the power of your mind.

How to Induce Lucid Dreams

Recalling your dreams is a major step towards producing lucid dreams successfully. You must be familiar with your thoughts so you can know when you are dreaming.

Here are some tips that shall help you induce lucid dreams:

1. Repeatedly ask yourself if you are dreaming of the day and do some reality Checks as often as possible. If you get into the habit of asking yourself if you are dreaming and practice some of the reality check techniques outlined earlier, you should remember to do the same while dreaming.
2. Try wake initiated lucid dream (WILD). The wake initiated lucid dream technique Entails translating your wakeful state awareness into your dream state. This can only become possible when you are calm and relaxed while falling asleep. To achieve the level of calmness needed to carry your wakeful awareness into your dream state, try meditating for 10-15 minutes before

bedtime. Taking an afternoon nap also helps in this regard.

3. Become more acquainted with your dream signs. This is a major reason why you need To maintain a dream journal. To learn your dream signs and symbols, which could include the sights and sounds most prevalent in your dreams, look through your previous thoughts recorded in your dream journal so you can recognize signs, symbols, and dream characters when they appear.

Controlling Your Dream by Staying Lucid for Long

Anything that helps you stay lucid gives you control over your thoughts. Here are some simple ways to remain transparent for a longer period and have full control of your lucid dreams:

Use Lucidity-Enhancing Supplements

For centuries, the Chinese have been using Galantamine as a memory enhancer. The first use of this lucidity-enhancing supplement from the Red Spider Lily is when the ancient Greek philosopher, Homer described it as a great dream enhancer. People who have tried this lucidity pill report it is ideal for inducing and prolonging very vivid, colorful, and everyday dreams. Studies on people who take Galantamine show that this supplement improves lucidity, vividness, clarity, control, brazenness, and duration of lucid dreams.

However, it is important you consult your physician for medical advice.

Do Physical Activities

Engaging in simple physical activities in your lucid dreams can help stimulate your conscious brain and make your lucid dreams last much longer. Here are some examples of physical exercises you could engage in to stay transparent:

1. Rub your palms together: This kind of kinetic action when lucid dreaming draws a greater awareness of your dream body and keeps you grounded as you lucid dream.

2. Gently tap yourself on the head: Gently tapping yourself on the head as you lucid dream helps you stay conscious enough not to drift away.

Summoning Dream Characters

Fantasy characters determine the direction of your lucid dreams, which explains the importance of mastering the art of gathering the right dream characters.

Here are techniques that shall help you ask famous fantasy characters during your lucid dreams:

✓ Ask the Dream to Show You a Particular Dream Character

The nature of lucid dreams is one that responds to your requests immediately. This is why whatever you wish for in your lucid dreams quickly materializes. You can ask the dream to show you a dream guide. Once you have a dream guide, you can easily request for other fantasy characters such as yourself in 20 years, the cutest woman on earth, your role model, your movie hero, your video game characters, and whatever else your fantasies dictate.

✓ Look Around With Expectation

You do not need to practice visualisation here. Simply look around you expecting to see the dream character you want standing afar waiting for you to summon them. It helps to assure yourself the person you are looking for is indeed somewhere around the corner. Sometimes they will be loitering around behind the scene where you cannot see them without calling out to them. You can call them out once you sense the corner they would be and wait for them to emerge, or you can go searching out for them yourself.

✓ Locate a Dream Door

All lucid dreams have an innumerable number of dream doors. Find a door and imagine the very dream character you wish to summon standing right behind that dream door.

Walk to that dream door, turn the knob and you will be amazed to find that dream character standing right behind that door. Only reach out, grab the character's hands, and pull him or her into your present lucid dream scene.

✓ Mental Photoshopping

There must be some dream characters or objects in your dream already. Use the powers of your creative imagination to turn them into any desired shape or person. It is also helpful to find something you can paint or draw with, make a sketch of the dream character you want, and imagine them materializing from the shadows.

Changing Your Lucid Dream Scenery

Different lucid dreamers have different ways of changing their lucid dream scenery. However, there are basic techniques any new lucid dreamer can adapt to improve your dream landscape.

Here the most efficient of these scenery-changing techniques:

1. Spin slowly and imagine the scene changing: While spinning can be a very A useful technique for taking charge of your lucid dreams, you must take care not to spin too vigorously and wake yourself up. Turning slowly and calmly can help you change your lucid dream scenery. Imagine the landscape changing as you turn round with your eyes shut. By the time you finish spinning, the landscape will look as you imagined.
2. Request a line of switches: Ask your dream to provide a line of switches that Control some things such as turning the day into night and vice versa, changing autumn to winter, turning on the past or future scenes, turning on a rainforest, waterfall, park, game reserve, etc. As you flip these switches on and off, noting what each brings to life, you will see the scenes you desire appearing with each flip of the switches.
3. Imagine a new scenery while walking through a dream door: Find a door Standing in the middle of any of your dream landscapes and walk straight through that door. Imagine the new scene you want as you approach any dream door. Once you walk through that door, you are sure to emerge from the very scene you had in mind.
4. Turn away and imagine a new scene behind you: Turn away from your Present scene, imagine an entirely new location building up behind you. Imagine new dream characters emerging and replacing the current ones. When you turn again, you will be amazed at how different everything will appear.

Having looked at how to master the art of lucid dreaming, let us now look at advance tips and techniques that can enhance your lucidity and help you enjoy the full benefits of lucid dreaming:

Astral Projections during Lucid Dreams

You might have heard of astral projection without knowing what it is and how you can goAbout astral project. Astral projection helps you tune your

consciousness towards the future or the past and do whatever you like with no one noticing.

In astral travels/projections, you are more or less in 'ghost mode'. Your lucid dreams offer you many opportunities to engage in these eerie travels to the astral plane. Astral travels help you explore beyond the symbols and constructs of your mind and interact with a much wider celestial sphere to experience the past, present, and future events.

You can use certain advanced lucid dreaming techniques to explore the astral world and get more bang from your lucid dreams.

Here are techniques you can use to explore the astral world when lucid dreaming:

1. First, induce a lucid dream and enhance your lucidity using some of the techniques already outlined for achieving these ends.
2. Once in your lucid dream, travel back to the very room you slept off before the transparent dream.
3. Take a good look at your physical body lying motionless as you sleep.
4. Walk around the room and locate any object you have paid very little attention to all these while.
5. Pick up the object, examine it critically and in detail, and let the particulars of the object register in your subconscious mind.
6. Once you wake up, pick up that same object, and see if the details you recorded in Your lucid dream is the same in your wakeful state. If the details match, your astral projection will work well. Where there are some discrepancies, it shows some symbols of your mind were still playing out during your screening. You need to repeat this number of times until you achieve a perfect astral projection where the symbols and constructs of your mind do not interfere.
7. Once you start having very successful astral projections, you can walk around your Entire house or neighborhood in your astral travels. Find a particular thing to examine during these astral adventures and run a check when you wake up to ensure accuracy.

Chapter 5: How to Lucid Dream

This section is most likely the reason you got this book, so sit tight and we should begin. You might be thinking about how you can work on getting to be noticeably mindful of the way that you're envisioning. It sounds ludicrous, and frankly, I didn't trust it should be possible, however I trust I can persuade you it bodes well and that in the wake of perusing this section (maybe a couple of times) and unyieldingly following every one of these suggestions, you'll be clear imagining right away.

When you're imagining, as a general rule you're either accomplishing something you frequently do, or something you consider regularly doing. Connecting with your manager, your folks, your better half, or companions – common occasions. For the most part, dreams depend on your encounters – they must be! So in the event that you needed to have dreams about being a race auto driver, what might be a movement you'd figure you could do that would build your shot of driving a race auto in your fantasies? You could test drive a race auto, you could purchase a race-auto computer game, or you could just consider being a race auto driver in a huge segment of your cognizant existence. These eventual valuable procedures to expand the reasonable hood of having a race auto themed dream. There's one essential idea that would likewise help: the more, the better. That is, the all the more regularly you can remind yourself to drive the auto, play the computer game, or simply consider hustling, the more probable you'll must be in that fantasy.

It shouldn't be excessively of an extend now to see that in the event that you remind yourself continually about envisioning clearly, it should build your odds of doing as such. Truth be told, it does! This is the least demanding and most straightforward technique for expanding your odds of clear envisioning, and relying upon the amount you do it, could be the most intense. It's more than simply recalling about clear envisioning, however. You will need to address whether you're envisioning or conscious. Stop whatever you're pondering, and offer the conversation starter "Am I conscious, or am I envisioning?" and attempt to answer it. Redundantly do this as much as you can recollect to. It levels progressively on the off chance that you associate this inquiry to some physical movement.

This conveys us to the simplest part of Lucid Dreaming methods: attentive updates.

By and by, I look down at the palms of my hands.

The trap here is both redundancy and the improvement of a perspective in which you're ready to recognize in case you're envisioning. It's insufficient to just recollect that you're occupied with clear envisioning – you need to address it effectively. Else, you'll essentially be imagining about how you need to be clear envisioning, without really arriving (I've been there, it's amusing and humorous, really)! These traps are things you can do each time you recall and once more, the more you do them, the better. You can tie a string on your finger, or set alerts for like clockwork, or simply attempt to recollect however much as could reasonably be expected at that point evaluate – hands, timekeepers, words or some other effectively identifiable thing in your viewpoint that should give away your attentiveness.

The thought here isn't that it will be hard to discern whether you're sleeping or wakeful when intentionally addressing it – it's to develop a propensity for asking it. You will just do this in your fantasy in the event that you turn out to be almost fixated on doing as such, and hence it will arbitrarily stream into your fantasies. As a general rule you won't have to take a gander at your hands, the clock, or words – when you question whether any of this is genuine or not, you'll be exceptionally mindful that you're envisioning thus starts your clear dream!

Be that as it may, these alert updates are not the most vital strides when beginning. You will have some work to do. Fortunately it's a charming action in itself and offers ascend to a wide range of inquiries regarding the importance of dreams and how they influence you and your life. It's the fantasy journal or dream diary, and it is a significant bit of the clear visionary's munitions stockpile. Try not to think little of the significance of this one!

Get a diary, it can be a normal scratch pad, or you can search for particular journals that are made in view of dream journaling. These are cool and may help you, however it's dependent upon you. The key is that each and every morning when you awaken, your first thing you do is begin recording all that you can recall in any fantasies of the earlier night. That means the world! This procedure has two basic capacities

So far for methods, we have attentive updates, and the fantasy diary which

will be utilized instantly subsequent to waking, and just before bed. Presently we'll get into the systems that the more stalwart devotees of clear imagining have created throughout the years. These fall into two classifications: centering procedures and rest cycle irritation strategies. You should attempt these and maybe even consolidate some to perceive what works best for you. By and by, the rest cycle irritation techniques have given me effective outcomes, however can likewise sidestep clear imagining and give you a bigger shot of out of body encounters (OBEs) and rest loss of motion, so be cautioned.

To begin with, we'll go over the centering systems. These are Autosuggestion, MILD (Mnemonic Induction of Lucid Dreams), WILD (Wake-Initiated Lucid Dream), and VILD (Visual Induction of Lucid Dreams). There are others, yet these are as I would like to think the most vital. You may discover your adjustment of these works far better for you as you hone each.

Autosuggestion is the simplest of these and is dependent on the conviction before nodding off that you will have a clear dream. It is not tied in with concentrating on the expectation of having a clear dream! As opposed to spinning through the possibility of "I need to have a clear dream", autosuggestion is centered around the possibility of "I will have a clear dream". There ought to be minimal mental vitality ascribed to it, and even more an unwinding perspective, nearly as though considering the way that the clear dream as of now happened. Make your perspective so completely beyond any doubt that you will have a clear dream, that you end up plainly casual while in that idea. This is great to begin with clear envisioning, yet as far as I can tell, the adequacy wears off after some time. I would utilize this initially to endeavor to get yourself into your initial couple of repeatable clear dream evenings and after that move into the following sorts of strategies. That is everything to autosuggestion! A bit of its viability is simply concentrating the brain on envisioning and attention to imagining states.

Gentle is one of the principal procedures that was conveyed to people in general eye, and Stephen LaBerge has been credit for its creation. How MILD functions is by embedding the plan to recall that you are imagining. A mantra is vital for this current strategy's adequacy and should encompass the possibility that you will neglect to check in case you're envisioning. "I will make sure to check in case I'm imagining when I'm envisioning." Repeating

this before bed, concentrate on being in a fantasy (the one you recall, or a case dream you've made up on the spot) and over and again disclose to yourself that you neglected to watch that you were envisioning in the fantasy, and along these lines ended up plainly mindful.

You can follow ventures in a fantasy (genuine or developed by you for instance) and discover a piece of information like your hands, a clock, or lettering that would have activated you to acknowledge you were in a fantasy. Rather than skirting it as you had initially done, go about as though the MILD system activated you into recalling that it was a fantasy. Picture yourself in this past dream state all of a sudden recalling that you should check in case you're imagining. Rehash the mantra and making sure to check vision status until the point that you nod off.

To start with, for WILD there should be an expression of alert as it is a standout amongst the most capable apparatuses for both clear imagining, astral projection, and rest loss of motion. Astral projection can be terrifying when it initially happens as you will probably feel incapacitated, however in attempting to move parts of the body, will understand that your "soul" or "dream" body can move and leave your physical body. Clearly, this can influence many individuals to trust they are passing on or have kicked the bucket. On the off chance that this happens what you're encountering is astral projection, is superbly protected, and is a standout amongst the most charming encounters us people can have! See yourself as extremely fortunate, and don't stress over the threats, simply investigate what the brain is able to do!

Besides, while directing WILD, you may encounter rest loss of motion. In case you can't move your fantasy body out of your physical body, rest loss of motion is normally joined by exceptional dread. It's shockingly basic that rest loss of motion likewise is probably going to have sound-related, visual, and material pipedreams. There are many reports of rest loss of motion that contain an abhorrent soul or evil presence sitting on the chest of the individual, making them experience difficulty relaxing. The cynicism of this is additionally enhanced by the failure to move the body by any means. Indeed, these conditions of being are sheltered, and it is an odd blend of your mind endeavoring to clarify the totally ordinary loss of motion of the body with baffling dream-like animals that are "controlling" you. The loss of motion is a wellbeing component that has advanced to shield us from

strolling around, instituting our fantasies while we're snoozing!

So what is WILD? Despite the fact that it requires negligible exertion or fixation, it will set aside opportunity to ace. The best technique expects you to lie level on your back without a pad to nod off. A great many people have an intense time nodding off thusly and will constantly swing to their side or get a pad. For the strategy to work in full adequacy, dodge these activities and remain still on your back. Work on getting totally casual with the goal that it's as simple as conceivable to nod off in this position. The hardest part, in any case, is that you have to hold as meager piece of cognizant mindfulness as could be expected under the circumstances. Rather than needing to nod off completely.

Is lucid dreaming dangerously?

Lucid dreaming is perfectly safe when done in a correct and balanced way, which you will learn in this book. As with everything in life it is important to keep a balance and do your activities in moderation.

After they learn to control their dreams, their fearful experiences are transformed into invaluable experiences.

I would strongly recommend that you bring a sense of morality and ethics into your lucid dreaming practice as well. While we want to explore our fantasies and go on adventures, we also want to do so with an open heart and good intentions.

Be mindful of your actions in lucid dreaming, just as you are aware of your actions in waking life.

How quickly will I be able to see results?

This very much depends on what you define as a “result.” A big part of this book will consist of working with goals, expectations, and successes.

For that, we need to be very aware of what our expectations are and how we define success.

One of the biggest mistakes I made early on was to only see a result as a lucid dream.

That kept me from seeing all the progress I had made up until that point. It was a brick wall that kept me from progressing.

Chapter 6: The Biggest Obstacle in Lucid Dreaming and How to Overcome It

One of the greatest snags I've found in individuals figuring out how to clear dream goes in close vicinity to the initial 2 – a month.

They get all energized after catching wind of the unimaginable potential that clear envisioning can convey to their lives. So they get their fantasy diary, wake up amidst the night, and make a decent attempt to end up plainly clear.

Following 2 – a month on the off chance that they have not gotten the best possible "results" at that point they forsake the try different things with clear imagining and think of a reason to support the relinquishment.

"I'm quite recently not great at it."

"I don't think this is even genuine."

"Those systems were essentially not great."

"I have better things to do."

I've heard it all...

On the off chance that you are perusing this and can relate to experiencing this procedure, it's alright. That is the reason you've made the move to purchase appropriate preparing.

By following the book, defining objectives, keeping up legitimate desires, and keeping a

basic and steady practice, you are certain to succeed.

Little Goals = Big Successes

In the event that you've at any point read any books on profitability, working in a quick paced condition, or have done broad self-change work, you'll be comfortable with the act of defining little objectives to make enormous progress.

For the individuals who aren't recognizable just take after along and execute in your imagining practice in like manner.

I need you to take out a diary at the present time.

At the present time. Quit perusing this and discover a pen and paper.

Since you have a pen and paper we will set some little objectives to begin.

The objectives you'll set will rely upon how far along you are on the way to clarity.

In the event that you are an amateur, at that point your first objective ought to be clear:

Objective #1: Buy a devoted dream diary and a pen to oblige it.

Sufficiently simple right?

I jump at the chance to have a lovely dream diary and a pen that feels great to compose with. It conveys effortlessness to the procedure, yet you ought to get whatever works best. Try not to become involved with attempting to locate the

ideal diary or pen.

Simply get one.

Presently you are prepared for the second objective.

Objective #2: Write down your transient objectives for progress with clear envisioning toward the start of the fantasy diary.

To start with, your objectives ought to be straightforward and clear. An illustration would be:

1. Remember 1+ dream for every night by and large finished the following 2 weeks
2. Write down my fantasies each morning after waking
3. Get 6+ hours of rest each night for the following 2 weeks

At last, it is your decision, however I unequivocally urge you to begin little and work your way up. This puts the brain research of the psyche on your side and assembles an intense force.

Objective #3: Put the fantasy diary by your quaint little inn it to the page you will write in.

Skirt the initial ten pages, as those will be your objective pages.

On the off chance that you as of now have a fantasy diary, simply ahead and put it

alongside your bed at the present time. Try not to hold up.

Basic objectives. Promptly achievable.

This is the means by which we will approach the entire procedure of figuring out how to clear dream effectively.

We make little strides and know precisely where we are in the process consistently. That way our inspiration just develops firmly as we get nearer to our objective. We can see clear improvement.

Here is an agenda of the primary objectives for you to fulfill and like.

Activity Steps: First Four Goals

1. Sleep for 6+ hours reliably every night
2. Buy a fantasy diary and a pen
3. Put the fantasy diary and pen ideal beside your bed, open to the page where you will record your objectives when you wakeful in the morning
4. Physically record your objectives for the initial two weeks of your voyage into clear envisioning

Chapter 7: The Triangle of Commitment: How to Achieve Anything You Set Your Mind To

1. The Importance of Physically Writing down Goals

When committing yourself to a goal, you can exercise the

Triangle of Commitment for
maximum efficiency in achieving this aim.

The first leg of this triangle is to write down your goals on paper physically.

Numerous studies in psychology have shown the importance of physically writing down a goal.

It gives you a sense of commitment.

You have written this down. It hasn't come from anyone else. People who physically write down their goals are much more likely to achieve them than people who allow others to write their goals for them.

This is because of the psychological principle of consistency.

We all subconsciously have a desire to be consistent in our speech, thought, and action.

Once we have committed to something, we feel obligated to follow through on a

subconscious level to keep our personality from experiencing a cognitive dissonance.

It is this unconscious striving that can help us through a lazy time where we might not

want to do a simple 5-minute practice that can change our lives.

Putting our mind to work for us for a change!

2. Share Your Goals with Others

The second side of the Triangle of Commitment is: to share the goals you have physically

written down with other people. This creates a situation in which others know what you

are aiming for which can have an effect of holding you to your

promise.

For anyone who has tried to quit a bad habit, this practice is incredibly important. If you tell everyone you are going to stop smoking or eating sugar, then they see you puffing on a cigarette while eating the cake you won't feel so good right?

This goes back to the consistency principle.

Sharing your goals with others creates another side of the triangle to help us stay committed to our goal.

This creates the positive social influence that spurs us on when our mind has fooled us into thinking our goal isn't so important.

The mind is very good at convincing. It is the best salesman around.

These practices put the mind to work for us to improve our lives.

You can share your goals in many different ways:

1. Post them on Facebook for all your friends to see, or on another social network you are a part of
2. Start a blog and outline your progress each day
3. Start a dream sharing group where you share thoughts each day as well as progress and obstacles
4. Post in a clear way around your house
5. Send an email out to a select group of people telling them your exact goals
6. Only tell people during normal conversation

You decide exactly how you want to share your goals, but know it is an integral part of the process. Imagine a triangle with only two sides....Not too stable yea?

All three are needed, which takes us to the third and final side of the triangle.

3. Keep Everyone Updated on Your Progress

A prerequisite to this is to tell people about your goals. Once you have done that, you must keep them updated on how you are progressing. This will help create a community around your journey and is almost always inspiring to the people you include in your sharing circle.

Again you can keep people updated on your progress in the various ways outlined above in #2.

Chapter 8: How to Use Your Mind as a Rocket Booster Instead of Dead Weight

What is your motivation for attempting to lucid dream?

Is it to investigate awareness?

Take off through the air like a feathered creature?

Take after the white rabbit down the gap?

Have sensual encounters?

Get ready for the way toward passing on?

Increment your mindfulness and nearness in life?

Enhance your fearlessness?

Beat bad dreams?

Whatever your inspiration is now it is basic to be clear about it.

Record it.

Record it toward the start of your fantasy diary.

Regularly our inspirations change as we get further into clear imagining.

For the time being, it is essential to have this inspiration recorded in a steady place so you can backpedal to it.

When we experience snags or have a craving for dropping the training, this can go about as a battery. Something we can backpedal to revive.

"Goodness definitely, that is the reason I am doing this. Obviously, I need to fly through the air each night when I rest!"

As yet, I've talked a considerable measure about obstructions, objectives and inspiration. I don't need anybody to get demoralized.

Clear envisioning is our entitlement to life. There is no reason we ought to be oblivious in our fantasies.

In the event that you do the practices and take after the book, you are guaranteed of accomplishment.

The vital thing is to oversee amazing desires that exclusive wind up hurting you.

Many individuals have made moment progress in figuring out how to clear dream. The capacity is there for us to get through on the double.

Be that as it may, we likewise should know about and deal with our desires.

Perceiving Progress

The reason we are defining little objectives and I am laying out the way toward figuring out how to clear dream in a well ordered way is to enable you to perceive the advance you have officially made. As demonstrated before, you're half of the best approach to having a clear dream as of now.

At each progression en route applaud yourself.

Each time you check something on your agenda or accomplish a little objective, set aside the opportunity to feel the delight in this procedure.

Develop this delight with the goal that the procedure progresses toward

becoming as much fun as the objective you are shooting for.

The Right Mental Attitude

The best mental state of mind to accept on the trip to clear imagining achievement is that of total assuredness of your prosperity.

Since your prosperity is guaranteed in the event that you hone reliably, truly take this in.

Realize that you will wake up in your fantasies. It is just a short time.

Key: To rehearse without getting baffled. Enable your advance to go as it will.

Some of you will get it promptly; others may take longer. Both are alright.

On the off chance that you are somebody who takes longer, that is alright. There is nothing amiss with you.

On the off chance that you get yourself restless with your advance, just make a stride back and take a gander at where you are trapped.

When you venture back, you frequently observe you were ideal by the arrangement, yet your restlessness, disappointment or other feeling was guiding you recently off kilter.

Particularly like a bolt that is let go just to one side of the bulls-eye. The separation of the pole is great. The pole is flawlessly level to the bull's-eye.

Just a little change is required, and the bolt will hit square in the middle.

When I figured out how to clear dream, I had such a solid inner want. I knew I would succeed and had a drive that would not stop.

That turned into a gift and a revile.

It was a gift since I put in the work expected to stir the familiarity with dreams.

It was a revile on account of the desire and disappointment that joined that drive.

I attempted each strategy, each procedure, each resting plan, each supplement, and read about clear imagining throughout the day. I lived for the night.

However, underneath this exertion crawled solid desire. I expected a "result" on an individual timetable.

This was for the most part intuitive.

I wound up striking my head against a divider again and again with this exertion without making a stride back.

I just observed a "come about" as having a clear dream.

So when I would get up in the morning, and I wouldn't have a clear dream, I would get baffled.

That same dissatisfaction is the divider I was hitting my head against. It was only myself keeping me down.

I couldn't see the unfathomable improvement I had made as of now since I was so centered just around the consequence of a clear dream.

I didn't see that I went from not recollecting my fantasies to recalling everything I could ever hope for. I spent over a hour in the morning recording my contemplations there were such huge numbers of thus rich in detail.

I didn't perceive that my awareness as I dozed was getting to be plainly lighter and more mindful.

It resembled I was rising a little staircase and just taking a gander at the best stride. I continued stumbling over the means since I just took a gander at the best level.

I never felt like I was making a stride since I just observed the highest point of the staircase. In the mean time, I had just climbed a large portion of it.

You can gain from my misstep and blunders of others by honing without getting disappointed or fretful.

Enable yourself to advance at whatever speed you are able to do.

Chapter 9: The Day Cleanse: How to Completely Let Go of Your Stressful Day

As you get ready for your voyage into the fantasy world around evening time, you should abandon all the anxiety, pressure, contemplations, and workings of the day you have quite recently traveled through.

To completely concentrate your consideration on your expectation to end up noticeably clear in your fantasy and recall everything you could ever hope for, you should purge some the day's water.

At that point you can fill it totally with the goal of clarity and mindfulness.

To do this, you ought to play out a specific method I created called the Day Cleanse. It comprises of 7 basic strides:

Take a seat in an agreeable position before going to bed. Sitting on your bed itself is the best since you would then be able to effectively slide directly into your dozing position.

Simply sit for 30 seconds to begin.

Notice if your brain is running over occasions of the day or in the event that it is generally peaceful.

Presently picture occasions amid your day, whatever comes up is fine.

As you see these occasions come up, take in all the vitality or strain that is stuck in the memory, at that point inhale out any anxiety or vitality that is as yet stuck within you. Relinquish the day.

You can do this for as meager or long time as you'd like, yet I'd prescribe spending no less than a few minutes to relinquish the day.

Take a last breath in, amid which you imagine relinquishing all the day's stresses and setting yourself up for your excursion into the night. You are purging your container so it can be loaded with the sweet consciousness of the fantasy state.

Chapter 10: Practice Makes Perfect

How about we condense the last part and give you some supportive tips to ace clear envisioning and turn into the maker and vanquisher of your fantasy state. The most essential viewpoint to recollect is you should be initiating the piece of your mind in charge of imagining however much as could reasonably be expected. That implies dream review, attentive updates, dream-centering strategies, and autosuggestion. These are straightforwardly fixated on driving the enactment of the neurons credited to the fantasy state to abnormal states, instigating synaptogenesis and making those associations more grounded and for a factual increment in your likelihood of just making sure to address in case you're envisioning.

For dream review, the fantasy diary is fundamental. Again you can get a consistent shabby scratch pad for a dollar and just write in that; you can search for more "hand crafted" dream diaries that may make it all the more energizing to write in, you can likewise even utilize a portable PC or some other bit of innovation to record the thought. What you need to concentrate on is the whole length of the objective. In the event that you have an inclination that you have a decent handle on everything, and it doesn't appear to be disappearing like sand between the fingerprints, simply ahead and depict the points of interest, however concentrate first on revealing the whole of the fantasy, from start to finish. As you begin down the thought, it's feasible that you will uncover an ever increasing number of perspectives to recollect. This is intriguing right now, yet this is precisely what you're doing this for. Reviewing these parts of the fantasy will keep on enhancing the neurons related with imagining and increment your odds of clarity.

For attentive updates, you need to have no less than two updates that you utilize. One ought to be prop-situated (clock, palms of your hand, words and lettering) yet in addition updates that don't require a prop. For the second, a basic system is to, as much as you can make sure to do it, is to inquire as to whether you can fly essentially. Sufficiently basic, on the off chance that you can't lift off you're conscious! You may even need to begin by putting planned updates each half hour or so to keep your cerebrum caution to this and begin to build up the propensity for alert updates. You ought to likewise have a wide range of sorts of things setting off the updates, not only one occasion, such as washing your hands or something. You likewise need to

work on investigating how it feels to be alert as opposed to envisioning (which will be significantly less demanding after you have your first clear dream). This inclination is a remark on also. I've had dreams where I inquired as to whether I was wakeful or imagining, and my psyche was not sufficiently centered to acknowledge I was, in truth envisioning, and I bore into the objective totally missing a brilliant open door! I would have promptly turned out to be clear, had I examined the sentiment being wakeful, or endeavored to fly.

The fantasy centering systems like MILD, WILD, and VILD are on the whole endeavors to interface your cognizant waking perspective consistently and that of your rest state. They work fundamentally the same as dream review and dream journaling, however they appear to be extremely particular about who they work for. You should attempt every procedure out, and additionally scan gatherings and the web for the plenty of different strategies individuals have created and tried throughout the years as you will probably discover one that works flawlessly for you. Simply ensure that you are centering eagerly however not worrying about it. On the off chance that you are attempting to drive yourself to have clear dreams, you'll see it acts much like a Chinese finger trap, the harder you attempt, the more regrettable the outcomes! Endeavor to do the systems in a casual outlook, enabling yourself to be extremely quiet. These suggestions likewise go for autosuggestion systems.

What may likewise help you is examining dreams with others and specifically clear envisioning when all is said in done. All things considered, it's just about building the system of neurons and synaptogenesis associations with deliver a fortified dream-waking association. Inform loved ones regarding it and check whether you can get them associated with the procedures portrayed here. You'll likewise certainly need to look at clear envisioning background reviews that are everywhere throughout the web. You'll discover everything from wonderful flying dreams to encounters of individuals conveying a common vision crosswise over various nations!

Regardless of whether it's bad dreams, relationship issues, imaginative attempts, scholarly interests or just interest, I trust what you've found here is valuable and that this book will enable you to accomplish your first clear dream, or acquire you increasingly what's to come. You may think that its

advantageous to peruse this book before bed until the point that it winds up plainly basic learning, or you might need to get any of the writings composed by LaBerge moreover. Perusing these books during the evening before bed will enable you to concentrate on clear imagining and convey you to that state.

Chapter 11: Tips to make the process successful

1. Get a Dream Journal and Nice Pen

It's nicer to write with a beautiful pen and journal, but the important thing is to only buy or find one around your house and get started now.

Put it next to your bed.

2. Recognize Your Progress

See how far you have come already on the path to lucid dreaming success. If you are reading this now, you are already 50% of the way finished. Congratulations!

Recognize how much you have already done.

3. Set Small Goals for First 2 Weeks

Physically write down your goals for the first 2 weeks of your journey into lucid dreaming. Not on a computer or a voice recorder.

Write it down on paper.

4. Share Your Goals With Others

Make your goals public and share them with others to strengthen the force they will have. I have listed some ways of sharing in chapter 8.

You decide how exactly you want to share your goals, but know it is an

integral part of achieving them.

5. Keep Everyone Updated on Your Progress

This will help create a community around your journey, and is almost always inspiring to the people you include in your sharing circle.

6. Keep the Right Mental Attitude

The best mental attitude to assume on the journey to lucid dreaming success is that of absolute assuredness of your success.

Practice without getting frustrated or impatient.

Allow your progress to go as it will. Know that success is inevitable as long as you keep practicing and want it.

7. Approach the Process with Love

If you do the practices mechanically, you won't get many results. If you approach each part of the course with love, you will find the path to success much easier.

The same goes for interacting in the dreaming world. Your experience will be most beneficial if you approach everyone and everything you meet with an open and loving heart.

Advanced Tips

Certain techniques can help you maximize your lucidity and gain more from your lucid dreams. Here are the most potent of these advanced tips and technologies:

1. Add a pinch of Nutmeg and a teaspoon of Turmeric to the last meal you take before bedtime. These spices enhance your ability to recall your dreams as well as your vividness.
2. Avoid eating past 6 pm. Dreaming is like journeying into the supernatural realm and While on this trip, you would want to stay as light as possible. Eating late in the night keeps you wet and can hinder your focus thereby making lucidity more difficult.
3. Avoid coffee as much as possible because of its high caffeine content.

Caffeine reduces your lucidity while in the dream state.

4. Take more green tea as a substitute for the coffee. Some believe that green tea can be Great lucidity enhancer thanks to the presence of two important chemicals: L-theanine and L-glutamine.

5. With the help of your alarm clock, cultivate the habit of waking up at around 4 am. When you wake, do not turn on any lights, so you remain in a sleepy mood. You can take a short walk to the restroom and use the toilet before climbing back into bed. This technique will ensure you lucid dream more often.

6. Once you can match the details of objects, you see in your astral travels during lucid dreaming and their circumstances in real life, you can step up your astral game by getting a friend involved.

7. Ask someone to place something on a particular location in your home, their home, the Neighborhood, classroom, office, etc., without giving you the exact description and identity of the object. For easy accessibility, the person shall have to tell you the location of the object. Once you can successfully locate the object and describe it in detail, it shows you have mastered this advanced lucid dreaming technique.

8. Once you have mastered this technique, you can attend any past, present, or future event in any part of the world, sit with anyone you wish to sit with and learn anything you want to learn from the best minds in the world

Conclusion

I hope my book has helped you more to understand how to lucid dream. The thing is; Lucid dreaming is not something that happens to everyone or often. However, to ensure you experience these vivid mindful dreams more often and control what happens therein, you can adopt the steps outlined in this book.

I hope that you enjoyed my book, learned a few things, and found it interesting, I would be grateful if you would consider leaving me a review with a few kind words.

Click [here](#) to leave a review :)

Happy lucid dreaming!!

[Click Here](#)

To Receive Your

Free Bonus 4 Page **PDF** Lucid Dreaming!



1. SET A DREAM JOURNAL WORKSHEET.
Try clear to write with a beautiful pen and pencils, but the important thing is to be very fast so that you would not wake and get confused soon.
Put it next to your bed.

2. REMEMBER THE DREAMS
See how far you have come already on the path to lucid dreaming success. If you are reading this now, you are already 50% of the way finished. Congratulations! Remember how much you have already done.

3. SET YOUR GOALS TO FIND A SPIRIT
Physically write down your goals for the first 2 weeks of your journey into lucid dreaming. But as a companion or a extra reminder.
Write it down on paper.

4. WORK WITH OTHERS WHO KNOW
Make your goals public and share them with others for encouragement. The more they will know. I have found some ways of sharing in chapter 8.
The whole time exactly you want to share your goals, but know it is an integral part of achieving them.

5. FIND FRIENDS INSIDE OF YOUR DREAMS
This will help create a connection around your journey, and it always always inspiring to the people you include in your sharing circle.

6. HAVE A RIGHT MENTAL ATTITUDE.
The best mental attitude to assume as the journey to lucid dreaming success is that of absolute absurdity of your success.
Practice without getting frustrated or impatient.
Allow your progress to go as it will. Know that success is inevitable as long as you keep practicing and want it.

7. DREAMING WITH NO LIMITATIONS
If you do the practice mechanically, you won't get many results. If you approach each part of the course with love, you will find the path to success much easier.
The course goes for interacting in the dreaming world. Your experience will be most beneficial if you approach experience and everything you meet with an open and loving heart.

8. GET A LOT OF PRACTICE AND A FEELING OF SUCCESS
To get you into your own dream world.
These courses enhance your ability to recall your dreams as well as your emotions.

9. BE AWARE OF YOUR DREAMS
Dreaming is the journey into the supernatural realm and while so this you would want to stay as light as possible. Being here in the night keeps you alert and can make your focus thereby making lucid dream difficult.

10. HAVE A FEELING OF LOVE IN YOUR DREAMS
Coffee reduces your lucidity while in the dream state.

11. HAVE A FEELING OF LOVE IN YOUR DREAMS
Some believe that green tea can be found lucid dreaming thanks to the presence of two important chemicals: L-theanine and L-tyrosine.

12. WITH THE HELP OF YOUR DREAMS, YOU CAN FIND A FEELING OF SUCCESS
When you wake, do not let it go to sleep, so you remain in a dream world. You can take a short walk in the dream and use the same before coming back into bed. This technique will ensure you have dream more often.

13. HOW CAN YOU FIND THE RIGHT MENTAL ATTITUDE?
In your dream travels during lucid dreaming and their surroundings in real life, you can step up your actual game by getting a friend involved.

14. HOW CAN YOU FIND A FEELING OF SUCCESS?
In your dream, their home, the Neighbor's house, the neighbor's office, etc., without giving you the exact description and identity of the subject. For many experiences, the person might have to tell you the location of the subject. Since you can concentrate inside the subject and describe it in detail, it shows you have mastered the advanced lucid dreaming technique.

15. HOW CAN YOU FIND A FEELING OF SUCCESS?
You can stand any part, present, or future event in any part of the world, it's with anyone you wish to it's with and learn anything you want to learn from the best who is in the world.