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Introduction

As lucid dreaming becomes more well known, interested parties (be it a hopeful novice or seasoned expert) are beginning to gather to ask questions, share tips and tricks, and to just generally appreciate the phenomenon.

Among the wealth of knowledge that is rapidly becoming available is the idea to learn this skill in as little time as possible and to be able to lucid dream on demand.

While there is not a guarantee that you will have your first lucid dreaming experience tonight. These are some powerful techniques that will speed up your progress. And eliminates some common problems faced with lucid dreaming.

Lucid dreaming normally takes a great deal of effort and time to go into that state at will.

It most likely ought not to be like that provided that you are equipped with the efficient tools as well as knowledge in accomplishing it.

It really isn't that difficult to learn. And you can expect to see results in just a few weeks. In the following few chapters we will look at some common lucid dreaming techniques. There isn't a one technique suits all when it comes to lucid dreaming. Some techniques don't suit everyone for instance the WBTB method would be a little tricky if you have to get up early in the morning for work and family commitments. We will cover MILD, WILD, WBTB, FILD AND DEILD along with some of the problems you might face. So that you can work out which one suits you best. So let's get started...

What is lucid dreaming?

Our dreams have been responsible for some of the most incredible breakthroughs in human history.

Mary Shelley, who wrote what is considered to be the world's first sci-fi novel claimed that the idea for “Frankenstein” came to her in a vivid waking dream.

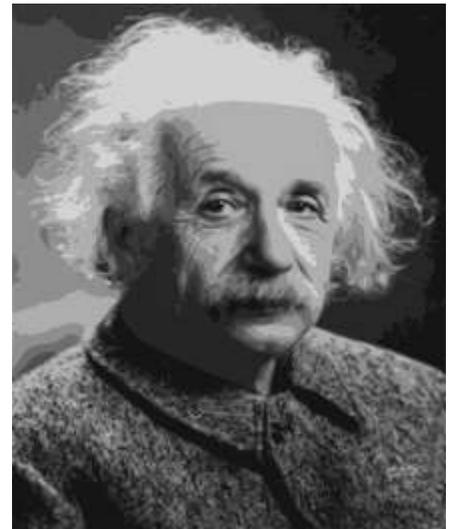
Theoretical physicist Albert Einstein maintained that he discovered the theory of relativity, one of the two pillars of modern physics in a dream.

Even Paul McCartney (of the Beatles fame) said that he dreamt up the entire tune of “Yesterday” in his sleep.

Many psychologists now agree that our dreams are an on-going thought process that happens even when we are asleep.

There are two kinds of dreams most people experience - “normal” dreams in which we are unaware of the fact that what we are experiencing is a fabricated reality, and “lucid” dreams wherein we know that we are in a dream state.

What this means is that “lucidity” is more than just having a clear dream. Lucid dreaming is when a person is aware that they are dreaming while in the dream state.



Albert Einstein

You don't have to control anything in your dream. You can just let your dream play out, though control is what beginning lucid dreamers often want.

What is lucid dreaming like?

Everyone we know has had a lucid dream at least once in their lifetime. They are intense and exciting and a truly phenomenal experience.

The colors are brighter, and everything is more detailed than in real life. And because it takes place inside your brain cells, you can push any limit or boundary you like.

Imagine your own little virtual reality world where you can do anything you want (fly across the world like Superman, travel to mystic places, meet your dream lover or even Cinderella's Prince Charming for that matter),

stuff that you would never be able to do in real life (taste fire, live underwater), or tackle your fears (someone with a fear of heights can safely experience the adrenaline rush that comes with, say, bungee jumping or sky diving).

With lucid dreaming, we can even live out our dreams. Literally! Because, theoretically speaking, only when one is aware that one is dreaming can one exert any sort of control over one's dream.

And why would anyone want to control their dreams? Simply because lucidity is a way of accessing our subconscious minds, which basically means that everything we experience in a lucid world is really our subconscious.

And once we know how to harness this ability, we can use it to our advantage in real life- to gain a deeper understanding of ourselves, to solve problems,

overcome fears or even to heal physical and mental problems, exploring the boundaries of your own agency and the limits of the universe.

Lucid dreaming Benefits

Many people are interested in lucid dreaming but not as many know that if properly used, it could greatly enhance their lives.

Here are the benefits of lucid dreaming and a few things you could do while in the lucid world.

Benefits of lucid dreaming.

- **Knowing your inner self**

Have you ever wondered what it would feel like to meet the “real you”? Often referred to as our subconscious or inner self, this is the part of you that sits in the background and constantly multi-tasks, controlling happenings in our bodies. Your feelings of love, fear, anger, joy etc are generated by the subconscious mind.

Communicating with this aspect of yourself helps to understand some issues in your life.

- **Controlling anxiety**

Every one of us is daily confronted with situations that cause us anxiety. This fact cannot be escaped. Lucid dreaming can allow you control anxiety in advance. Imagine there's a meeting you have been dreading for weeks, practice the meeting in advance in your lucid dreams. You would find you are more relaxed and able to handle whatever on the day of the actual meeting.

- **Great source of inspiration.**

The great minds behind many works of art, literature, science and technology have frequently attributed their source to events encountered while lucid dreaming. Director James Cameron for example, when discussing the movie *Avatar*, in an interview with *Hollywood Today* cited lucid dreaming as the basis for some of the scenes.

- **A gateway to spirituality.**

It can help you discover spirituality on a level you are comfortable with, excluding the dogma and routine of organized religious institutions.

Things you can do in the lucid world

The lucid world is an alternate reality where you are free to act and experience all around you without fear or restrictions. It would be a good idea to know a few of the many things you can do while there so you truly have a mind-blowing experience.

- **Meet famous people.**

This is a chance to meet celebrities you like. If you can visualize them, you can interact with them.

- **Push the boundaries of your body and explore.**

Do you imagine flying off the edge of a mountain? Go ahead. You may fall a few times don't worry, it's just a dream and with practice you would be doing it smoothly. What of diving in the Caribbean, extreme sports, running through solid walls and super strength? All can be done.

- **Reunite with lost loved ones.**

Sometimes we lose the ones we love and it can be more painful when the death was sudden. In the lucid world, it is possible to visualise them and spend a little time with them.

- **Conquer fears.**

It could be fear of spiders or heights, whatever the case if you continuously confront these fears while lucid, your unconscious self gradually begins to accept them and before you know it the fear is gone in the real world.

- **Just have fun.**

Lucid dreaming allows you to escape the everyday stress of living. You can scream and laugh at the top of your voice. Run on water or fly a fighter jet.

This chapter just highlights a few of the many possibilities of lucid dreaming. With practice it could really become a great tool for you. Remember, the only thing holding you back is your imagination.



W.I.L.D (Wake Induced Lucid Dream)

The W.I.L.D. method, also known as the Wake Induced Lucid Dream, involves a whole class of lucid dreaming induction methods in which your aim is to shift your consciousness from waking state to a sleeping, yet lucid dream state. This ancient technique originates from Tibetan Buddhism practices and acts as a natural way of entering the dream realm.

Among all other lucid dreaming methods, this one is considered to be the most powerful technique for two reasons. First, it allows you to choose when you enter the dream state and second, it lets you experience heightened awareness without any suspension of consciousness.



Before we begin the four steps of the W.I.L.D. method, **it is important to stress a little about the timing**, since it's a vital aspect. Therefore, the perfect timing is usually after 4-6 hours of sleep. In other words, when you are deeply relaxed and your REM sleep cycle is the longest. In order to

pull this off, you need to set an alarm to wake you at the right time. Now that that's settled, read on below and find out how to lucid dream using this method.

1. Relax your body and mind

Remember how you fall asleep each night? Basically, that's what we'll attempt to replicate, only without allowing your mind to drift asleep. This means only your body will go to sleep while you'll keep your mind wide awake. While this sounds quite difficult, if not downright impossible, rest assured it is very do-able and easy once mastered.

To begin with, your body should be very relaxed and loose. This is why I stressed the timing issue above. The first step of the method is easier to do upon waking up from deep sleep. Simply find a comfortable position in which you can lie without moving. Then, you must proceed emptying your mind and focusing on the blackness you perceive with your closed eyes. If any thoughts happen to enter your mind, know that this is completely natural. Simply acknowledge them and then let them go.

2. The hypnagogic horizon

As soon as you have completed Step 1 successfully, your mind will enter the hypnagogic state. This state appears when we are headed into sleep. You are likely to see patterns and colors that take over your vision in the darkness. What you should do at this point is allow yourself to be drawn away from the outside world and focus on your "visions".

Chances are you have already woken up in the middle of the night at some point and found yourself in this dreamy state where your body was very relaxed and your mind was exploring the dream realm effortlessly.

Regardless if you've done it before or not, at this point, your mind will begin to expand into the lucid world. Enjoy whatever your psyche conjures up in terms of images, sounds and feelings, all the while holding on to that inner realization that you are dreaming.

3. Create your very own dream scene

At this point the dream state is about to begin. When you feel substantially detached from the real world, you'll be ready to begin your lucid dream. To do this, you can choose the visualization method. If you're the type of person who has a strong imagination, you might want to visualize a dream scene with as much detail as possible. Focus on the location, colors, sounds, smells and lighting of your dream scene. As you progress with the creation of the scene, you should put yourself right in the middle of it and explore your lucid dreaming world. Your aim at this point is to put all your awareness into the dream realm.

4. Enter the lucid dreaming state

The final, fourth step is to fully let go and immerse your consciousness into the lucid sleep. This means detaching any awareness from the physical body lying in bed and transferring it into the dream scene and dream body you have created. However, entering the lucid dream, the place where you control your reality and its laws, is not enough. You need to focus at this point on stabilizing the dream to prevent yourself from waking up. Having previously created a dream scene, you'll want to keep exploring it

now, but with all your senses. Try to say out loud “I’m dreaming” and do a reality check you’ll know you’re dreaming because the whole scene will be extremely vivid and feel like a world of its own. If you forget about your physical body, don’t worry. Lucid dreaming is similar to regular dreaming in this way, so you’ll have little awareness of your actual body lying in bed while submerged in this dream realm.

DEILD (Dream Exit Induced Lucid Dreaming)

In this chapter on lucid dreaming we will be looking at how you can lucid dream using Dream Exit Induced Lucid Dreaming, DEILD for short. DEILD is a version of Wake Induced Lucid Dreaming (WILD) and is also known as dream re-entry. It comes in handy when you are having a dream you like and are suddenly awakened for some reason. It is possible to quickly re-enter the dream if you wish.

Here is a step-by-step technique to dream lucidity:

1. Brief Awakening

You need to briefly wake up from an ongoing dream in order to implement DEILD. If you are someone that is prone to waking several times at night it won’t take long to learn this. If not, try using an alarm loud enough to wake you but not fully. The alarm should be set to go off after about 4.5 to 6 hours of sleep. This is because you should be going deeper into the Random Eye Movement phase then.

2. Keep still

This step takes some getting used to. While you are in the between-sleep-and-wake state, it is vital to remain perfectly still. Your eyes should remain shut. Any

hope of going back into the dream would be lost if you trigger your brain to wake by moving even a muscle. Try to relax and don't think about it too much.

3. Remember the dream

With your eyes shut recall exactly where you were in the dream and what was happening around you. Try to get back the details and whatever sensations you were experiencing at that point.

4. Re-enter the dream

This usually happens automatically after following the 3 earlier steps properly. Your brain would piece the dream back together and before you know it you should find yourself back in the dream. The difference between this and other dreams you have been having before is that you are fully aware that you are in a dream state. You are now in a lucid sleep. You can take an active part in what happens in the dream. Note that you have just a few seconds window of opportunity to enter a lucid state using Dream Exit Induced Lucid Dreaming before your brain fully awakes.

Be assured that when you dream lucid it is safe and you are actually able to wake out of the dream when you want to. It allows you to explore the boundaries of your fantasies and imaginations in a vivid and unrestricted way. So do give it a try and enter into a whole new world of lucid dream experience.



MILD (Mnemonic Induction of Lucid Dreaming)

The term “mnemonic” refers to devices like abbreviations and rhymes that aid memory.

The Mnemonic Induction of Lucid Dreaming (MILD) was created by Dr Stephen LaBerge in the 1970’s and was originally intended to enable lucid dreams on demand. **It has been proven to be the easiest and quickest method to learn.**

Here is how it works:

1. Good dream recall rate.

You need be fairly good at remembering your dreams, at least remember a dream a day. If you are not already good at this, start keeping a dream journal. As you feel yourself drifting into sleep, repeat to yourself “as I dream, I will wake up and remember” and believe that it works. Once you awake from each dream be sure to write it down no matter how little you remember. Your recall rate would improve with time.

2. Reality checks.

During the day, establish reality checks to determine if you are awake or dreaming. You are free to choose any you like. For example, try putting your toes

through a metal box or other solid object. If dreaming, your toes should go through but if it doesn't happen, then you know you are awake. Keep checking as many times as possible during your daily activities. This helps to focus your self awareness in the lucid dream world.

3. Affirm your intent to lucid dream.

For this step, you need to be relaxed and in your normal sleep position. Now, focus your attention by repeating to yourself "the next thing I see will be a dream" or "I want to lucid dream tonight" choose whatever dream related affirmation you are comfortable with. It is important to master your focus at this stage and if you feel your concentration drifting bring it back. Keep doing this until you are well relaxed and feel like you could sleep off any moment.

4. Visualize the dream.

Imagine you are back in a recent dream or create a new one. Let the shapes, scenery, people and other objects take form. Let your imagination be free to explore. Then look for a dream sign. Dream signs are elements that show you must be dreaming! It could be a puppy with strawberry ears or you could use the same reality check mentioned in step 2 above.

What you are doing is programming your mind and practicing what you would like to do in your next lucid dream time. This is why you really need get into the details of the sights and sensations around you during this stage.

Continue repeating steps 3 and 4 every time you wake during the night. Just let your last thoughts be focused on lucid dreaming just before you sleep back. Chances are lucidity will begin to happen to you spontaneously.

A good boost to your efforts is to practice the above steps even while napping in the afternoon. MILD is the easiest method for beginners technique so do give it a try.

WBTB (Wake Back to Bed Method)

Lucid dreaming can seem like an impossible goal, a magical realm that you just can't quite reach.

If you're not having any luck with the MILD (Mnemonic Induction of Lucid Dreams) technique, maybe it's time to try the Wake Back to Bed Method (WBTB). It's relatively simple to set up and with practice you should be well on your way to lucid dreaming. In this short lucid dreaming course I'll break it down into four simple steps:

Step 1- Go to bed as you usually would

But set your alarm for six hours. Your goal is to wake up in the middle of REM sleep. Maybe you have complete sleep cycles within 6 hours. If that is the case, set your alarm to 4 hours. If you don't want to set an alarm you can have someone else wake you up if they generally get up before you. Some people are early risers. Weird, I know.

Step 2- Get out of bed.

Be alert. This is crucial. Don't sleepily sit in bed trying to keep your eyelids from

drooping. Aim to be completely alert for 20-60 minutes. Maybe plan something you'd like to create in a lucid dream, or a situation you'd love to find yourself in during your dreams.

Step 3- Go back to bed.

Some people find it difficult to get back to sleep, so if you have any troubles try meditation. You could even incorporate the MILD technique and visualize what you would like to dream about. Just relax and imagine your dream as clearly as you can.

Step 4– Enjoy the world of lucid dreaming!

How does this method work? Well, as stated in step 1, you are waking yourself up in the middle of a REM cycle. At this part in the sleep cycle, your brain is at its most active stage. By waking yourself up, you get cognitive control, and when you return to sleep it should be right back into that REM stage, allowing you to manipulate your own dreamscape.

There are a few caveats with this method. First, if you are trying to find a technique that will show you how to lucid dream every night, then this method isn't for you. **Don't do this every night if you can avoid it.** While waking yourself up is great for inducing lucid dreaming, it's not great for your sleep cycles. Interrupting your body's circadian rhythm too much is not a good idea. So try this every now and again to get the feel of lucid dreaming.

Secondly, it may not work the first time. Sometimes you just have to keep trying. But if you're waking yourself up in the middle of a REM cycle and visualizing the dream you want to have as you fall back asleep, your chances of a lucid dream are

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