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Foreword

Unusual, fantastic, and even inconceivable things regularly occur in dreams, but individuals commonly don't realize that the explanation is that they're dreaming. Commonly doesn't mean always and there's an extremely significant exception to this generality. Occasionally, dreamers do properly realize the explanation for the freakish occurrences they are going through, and lucid dreams, are the final result.

Empowered by the knowledge that the domain they're experiencing is a production of their own imagination, lucid dreamers may consciously determine the final result of their dreams. They may create and metamorphose objects, individuals, situations, worlds, even themselves. By the measures of the familiar world of physical and social reality, they may do the inconceivable.

The domain of lucid dreams supplies a more immense stage than average life for almost anything conceivable, from the frivolous to the sublime. You may, if you chose, enjoy an unworldly festival, zoom to the stars, or visit mystical lands. You may join those who are trying out lucid dreaming as a tool for problem resolution, self-healing, and personal maturation. Or you may research the implications of teachings from ancient customs and accounts from modern psychologists that indicate that lucid dreams may help you discover your deepest identity-who you truly are.

Lucid Dreaming And It's Benefits For Your Life

How to be in control for your dreams and your life.

Chapter 1:

Why Explore This

Synopsis

Prior to getting into the particulars of how to experience lucid dreams, let's have a closer look at the reasons for discovering how to wake up in your dreams. Do the likely Advantages justify the time and effort demanded for mastering lucid dreaming?

The Basics

Undeniably, life is short. To make matters tougher, we have to spend between one-fourth and one-half of our lives sleeping. Many of us are in the habit of almost sleepwalking through our dreams. We rest, senselessly, through many 1000s of chances to be totally cognizant and alive.

Is slumbering through your dreams the finest use of your restricted lifetime? Not only are you blowing part of your finite stock of time to be alive, but you're neglecting adventures and lessons that may enrich the rest of your lifetime. By waking up to your dreams, you'll add to your experience of living and, if you utilize these added hours of clarity to experiment and exercise your brain, you are able to likewise better your enjoyment of your waking hours.

Dreams are a source of knowledge and experience; all the same they're frequently neglected as a vehicle for researching reality. In the dream state our bodies are at ease, yet we see and hear, propel about, and are still able to learn. When we make great use of the dream state, it's almost as though our lives were doubled: rather than a 100 years, we live 200.

We may carry not only knowledge but likewise moods from the lucid dream state to the awake state. When we wake up laughing with joy from a fantastic lucid dream, it isn't surprising that our waking mood has been lightened with feelings of delight. A girl's first lucid dream, which she had after studying an article regarding lucid dreaming, renders a brilliant example. Upon realizing she was dreaming, she "attempted to remember the advice in the material, "but the sole thing that sprang to mind was a feeling of her own:

“ultimate experience.” She felt herself absorbed by a “blissful sense of intermixing and melting with colors and light” that kept, “opening into a total ‘climax ‘ “afterwards, she “softly floated into waking awareness” and was left with “a spirit of bubbling joy” that endured for a week or more.

This transfer of positive feeling into the waking state is a crucial facet of lucid dreaming. Dreams recollected or not, often color our mood upon waking up, occasionally for a great part of a day. Even as the negative after effect of “foul” dreams may cause you to feel as though you got up on the incorrect side of the bed, the favorable feelings of a pleasant dream may provide you an emotional pick up, helping you to begin the day with self-assurance and energy. This is more genuine with inspirational lucid dreams.

Maybe you're still thinking, “My dreams are intriguing enough as is. Why should I make an attempt to heighten my consciousness of it?” If so, think about the traditional mysterious teaching that holds that most of mankind is asleep.

Once you've had the experience of recognizing that you're dreaming and that your possibilities are far better than you had thought, you are able to imagine what a similar realization may be like in your waking life.

Chapter 2:

Remembering and Journaling

Synopsis

It's been stated that "everything is dependent on remembering, "and this is surely realistic of lucid dreaming.

Finding out how to remember your dreams is essential if you wish to learn how to dream lucidly. Till you've excellent dream recall, you won't stand much chance of having a lot of lucid dreams. There are 2 reasons for this. 1st, without remembering, even if you accomplish having a lucid dream, you won't recall it. Indeed, we all likely have lost many lucid dreams among the many 1000s of dreams we have blanked out in the normal flow of our lives. 2nd, great dream recall is essential as to become lucid you have to realize that your dream is a dream, while it's occurring. Since they're your dreams that you're trying to recognize, you have to get acquainted with what they're like.

Recall

You understand what a dream is, generally. However dream stories are not always simple to differentiate from accounts of events that really occurred. Dreams generally look like life, with particular noted exceptions.

These exceptions are trespasses of your expectations about the behavior of the world. So, you have to get to understand what your dreams are like, and particularly, what is dreamlike about them. You are able to achieve this by accumulating your dreams and examining them for dreamlike factors.

Before it will be deserving of your time to work at lucid dream induction techniques, you ought to be able to remember at least one dream nightly. The accompanying hints will help you accomplish this goal.

The opening move to great dream recall is getting adequate sleep. If you're rested, you'll discover it easier to center on your goal of remembering dreams, and you won't mind taking the time during the night to note them. A different reason to sleep longer is that dream periods become longer and closer together as the night continues. The 1st dream of the night is the quickest; maybe only 10 minutes in length, while after 8 hours of rest, dream flows may be 45 minutes to 60 minutes long.

You might have more than one dream during a rapid eye movement (dream) period, broke up by short stimulations that are most frequently forgotten. It's broadly accepted among sleep investigators that dreams are not remembered unless the sleeper wakes up directly

from the dream, instead of after advancing to additional stages of sleep.

If you discover that you sleep too deeply to wake up from your dreams, attempt setting an alarm to rouse you at a time when you're likely to be dreaming. As rapid eye movement periods happen at roughly ninety-minute intervals, great times will be multiples of 90 minutes from your bedtime. Target the later REM points by setting the alarm clock to go off at 4 and a one-half, 6, or 7 and a one-half hours after you turn in.

A different crucial requirement to remembering dreams is motivation. For a lot of individuals it's adequate to intend to recall their dreams and remind themselves of this intention just prior to bed. In addition, it might help to tell yourself you'll have intriguing, meaningful dreams. Placing a dream journal by your bed and noting your dreams as soon as you wake up will help fortify your resolve. As you note more dreams, you'll recall more. Hints for maintaining a dream journal are presented below.

You ought to get into the habit of inquiring the moment you wake up: "What was I dreaming?" Do this 1st or you'll blank out some or your entire dream, due to disturbance from extra thoughts. Don't move from the positioning in which you wake up, as any body motion might make your dream more difficult to recall. Likewise, don't consider the day's cares, as this too may delete your dream recall. If you recall nothing, keep attempting for several moments, without moving or considering anything else.

Commonly, pieces and shards of the dream will hit you. If you still can't recall any dream, you ought to ask yourself: "What was I just

imagining?” and “How was I precisely feeling?” Analyzing your thoughts and senses frequently may provide the essential clues to let you recall the whole dream.

Clutch any clues of what you may have been feeling, and attempt to reconstruct a story from them. When you remember a scene, ask yourself what occurred prior to that, and prior to that, re-experiencing the dream in reverse. It doesn't take long to form enough skill at this to activate a detailed replay of a whole dream merely by centering your attention on a shard of memory.

If you can't remember anything, attempt envisaging a dream you may have had-note your current feelings, list your present fears to yourself, and inquire, “Was that a dream?” If after a couple of moments all you recall is a mood, depict it in your journal. Even if you don't recall anything in bed, issues or scenes of the day might remind you of something you dreamed the night prior. Be prepared to observe this when it occurs, and note whatever you recall.

In evolving dream recall, as with any other skill, advancement is occasionally slow. Don't be disheartened if you don't succeed initially. Virtually everybody improves with practice. As soon as you remember your dreams leastwise once nightly, you're ready to attempt lucid dreaming. It likely won't take long to accomplish this stage of preparation. And a substantial percentage of individuals who get this far will already be having lucid dreams.

Maintaining a dream journal:

Acquire a notebook or diary for putting down your dreams. The notebook ought to be attractive to you and entirely dedicated for the aim of noting dreams. Put it by your bedside to remind yourself of

your aim to put down dreams. Note your dreams directly after you wake up from them. You can either write up the whole dream upon waking up from it or put down short notes to elaborate later.

Don't wait till you get up in the morning to make notations on your dreams. If you do, even if the particulars of a dream appeared exceptionally clear when you woke up in the night, by break of day you might discover you remember zip about it.

We appear to have inbuilt dream erasers in our brains which make dream experiences harder to remember than waking ones. So, make sure to put down at least some key words about the dream directly upon waking up from it.

You don't have to be a gifted author. Your dream diary is a tool, and you're the only individual who's going to study it. Identify the way images and characters appear and sound and smell, and don't forget to depict the way you felt in the dream-emotional responses are crucial clues in dreamland.

Note anything strange, the sorts of things that would never happen in waking life: flying hogs, or the power to breathe submerged, or puzzling symbols. You likewise may sketch specific pictures in your journal.

The drawing, like the piece of writing, doesn't have to be art. It's simply a way for you to arrive at an intuitive and memorable association with a picture that may help you achieve lucidity in succeeding dreams.

Place the date at the top of the page. Note your dream below the date, carrying forward for as many pages as needed. If you recall only a shard of a dream, note it, regardless how insignificant it may look at the time.

And if you remember a whole dream, title your journal submission with a little, catchy title that catches the issue or mood of the dream. Side splitter in the schoolroom is an example of great descriptive titles.

Once you start to amass some raw material in your dream diary, you can review your dreams and inquire about them.

Reading over your journal will help you become acquainted with what is dreamlike about your dreams so you'll be able to recognize them while they're still occurring -and become lucid.

Chapter 3:

Common Questions

Synopsis

Fears regarding lucid dreaming: enquiries and replies.

Enquiries

May lucid dreaming be life-threatening for some individuals?

The big majority of lucid dreams are favorable, bringing rewarding things, much more so than average dreams. However, there likely will be a few individuals who find the experience of lucid dreaming awful and, in a few cases, highly disturbing. For this reason we can't advocate lucid dreaming for everybody.

On the other hand, we're convinced that for individuals no more than “typically neurotic, “lucid dreaming is altogether harmless. Different individuals will utilize lucid dreaming for different aims; it makes little sense to admonish the typical adventurer of the dream world away from lucid dreaming as some may utilize it in a less than optimal fashion. If, after studying this book, you've serious reservations regarding lucid dreaming, then we advocate that you not continue. Just make certain that it's really your self to which you're being true. Don't let others impose their personal concerns on you.

I'm afraid that if I learn to cause lucid dreams, all my dreams will turn lucid. Then what?

The philosopher P. D. Ouspensky underwent conflicting emotions concerning “half-dream states” as he named lucid dreams: “The beginning sensation they raised was one of amazement. I expected to discover one thing and discovered another. The following was a feeling of extraordinary delight which the ‘half-dream states, ‘ and the possibility of encountering and understanding things in quite a fresh way, gave me. And the 3rd was a particular fear of them, as I very soon discovered that if I let them take their own course they'd start to grow and expand and infringe both on sleep and on the waking state.

Once you start entertaining this distressful line of thinking, likely you'll quit having lucid dreams. Without your consent there's truly very little chance that all dreams would become lucid. Lucid dreaming takes effort. Lucid dreams happen only rarely unless you go to sleep with the calculated and definite aim to become conscious, or lucid, in your dreams. Therefore, you'll be able to regulate (and restrict, if essential) the frequency of lucid dreams.

As I believe that dreams are messages from the unconscious, I'm afraid that consciously commanding my dreams would interfere with this crucial procedure and strip me of the Advantages of dream interpretation.

Dreams are not letters from the unconscious, but things produced through the interactions of the unconscious mind and conscious mind. In dreams, more unconscious knowledge is useable for our conscious experience. But, the dream isn't at all the exclusive domain of the unconscious. If it were, individuals would never recall their dreams, as we don't have waking access to what isn't conscious.

The individual, or dream ego, that we feel being in the dream is the same as our waking awareness. It perpetually influences the events of the dream through its anticipations and biases, even as it does in waking life.

As for the Advantages of dream interpretation, lucid dreams may be examined as productively as non-lucid ones. Indeed, lucid dreamers occasionally interpret their dreams while they're occurring. Becoming lucid is likely to alter what would have otherwise occurred, but the dream may still be interpreted.

Occasionally in lucid dreams I find situations of spirituality, accompanied by feelings of the presence of power or energy. At these times my awareness expands much beyond anything I've felt in waking life, so that the experience appears much more real than the truth I know, and I get frightened. I can't continue these dreams for fear that I'll never wake up from them, as the experience appears so far out of the domain of waking existence. What would happen if I was not able to wake myself from these lucid dreams? Would I die or go crazy?

In spite of the seemingly awful nature of this fear, it amounts to little more than concern of the unknown. There's no evidence that anything you accomplish in a dream may affect your basic brain physiology in a sense that's adverse. And, as vivid as a dream might be, it can't last any longer than the raw course of REM periods-at most 60 minutes approximately. Naturally, as explorations of the world of dreams have truly just started, there are bound to be areas as yet unmapped. But you shouldn't fear pioneering them. The feel of intense anxiousness that attaches to the sudden onset of unusual experiences in dreams is an innate part of the orientation reaction: it's adaptive in the waking world for an animal in a new situation or dominion to look 1st for peril. However, the fear isn't necessarily relevant to what is occurring. You need not dread physical harm in your dreams. When you detect yourself in the middle of a fresh experience, release your fear and simply see what occurs.

They state that if you die in your dream, you truly will die. Is this real?

If it were real, how would anyone know? There's direct evidence to the contrary: a lot of individuals have died in their dreams without any ill effects, according to the accounts they gave after waking up-

alive. Furthermore, dreams of death may become dreams of rebirth if you permit them.

I'm afraid that I might not have what it takes to cause lucid dreams. What if, after doing all of the drills and devoting much time to it, I still can't learn to cause lucid dreams? If I place all that time into it, and do not acquire any results, I'll feel like a failure.

Among the biggest stumbling blocks in learning almost any skill is trying too hard. This is particularly the case with lucid dreaming, which demands that you sleep well and have a balanced frame of mind. If you discover you're losing sleep while scrambling to have lucid dreams without result, release your efforts awhile. Relax and forget about lucid dreaming for a couple of days or a couple of weeks. Occasionally you'll discover that after you relinquish, lucid dreams will come out.

I'm presently undergoing psychotherapy. Is it all right for me to attempt lucid dreaming? May it assist in my therapy?

If you're in psychotherapy and wish to try out lucid dreaming, talk it over with your therapist. Not every therapist will be informed about lucid dreaming and its significances for therapy, so make certain your therapist realizes what you're talking about and is acquainted with the current data. Lucid dreaming might be instrumental in psychotherapy. If your therapist doesn't believe that lucid dreaming would be a great idea for you at this time, abide by his or her advice. If you take issue, you ought to either trust the judgment of your present therapist on this matter or find a different therapist, ideally one who recognizes how to help you to work with your lucid dreams therapeutically.

Chapter 4:

What Is It Like

Synopsis

If you haven't as yet experienced a lucid dream, you might find it hard to imagine what it's like. Although you have to feel it to truly know what it's like, it's possible to acquire an idea of the feel by comparing lucid dreaming to a presumably more familiar state of awareness: the one you're in this minute! The accompanying experiential exercise will direct you through a tour of your daily waking state of consciousness. Spend approximately one minute on every step.

The Experience

➤ Look

Get aware of what you witness: note the richly wide-ranging and brilliant impressions-shapes, colors, motion, dimensionality, the whole visible existence.

➤ Hear

Get mindful of what you hear: record the various sounds accepted by your ears-a diverse range of strengths, pitches, and tonal calibers, maybe including the old-hat miracle of speech or the marvel of music.

➤ Sense

Become cognizant of what you contact: texture (unwrinkled, rough, dry, pasty, or wet), weight (gravid, light, solid, or void), joy, pain, hotness and cold, and the remainder.

Likewise observe how your body feels right now and equate that to the many additional ways it feels at additional times, played out or industrious, stiff or limber, dreadful or pleasant, and so forth.

➤ Sense of taste

Get aware of what it is like to taste: taste a number of dissimilar foods and substances, or recall and vividly conceive of their tastes.

➤ Sense of smell

Become cognizant of scents: the smell of warm bodies, land, incense, smoke, fragrance, java, onions, alcohol, and the ocean. Recall and imagine as many of them as you are able to.

➤ Taking a breath

Pay heed to your breathing. A minute ago you likely weren't consciously aware of your breathing even though you've breathed in and breathed out 50 times while doing this drill.

Hold your breath for a couple of moments. Let it out. Now take in a rich breath. Note that being conscious of your breathing lets you alter it by choice.

➤ Emotions

Get cognizant of your feelings. Recall the difference between rage and joyfulness, tranquility and fervor, and as many other emotions as you care to experience. How real do emotions feel?

➤ Opinions

Get aware of your opinions. What have you been imagining while doing this drill? What are you imagining right now? How real do opinions appear?

➤ “I”

Get cognizant of the fact that your domain always includes you. You're not what you witness, hear, recall, or feel; you have these experiences.

Maybe most fundamentally, you are who is aware. You're always at the center of your multi-dimensional existence of experience, but you're not always consciously cognizant of yourself.

Briefly repeat the drill with the accompanying difference: At the same time you handle each of the assorted aspects of your experience, be cognizant that it is you who's observing these things (“I see the...”).

➤ Knowingness of knowingness

Lastly, become knowledgeable of your awareness. Commonly, awareness centers on objects external of ourselves, but it may itself be an object of awareness.

In the light of average experience, we appear to be distinct and have limited centers of awareness, each solely in our inner worlds. In the light of infinity, mystics tell us, we're ultimately all one-the limitless awareness that's the source of being. Here, experience can't be adequately conveyed by language.

Wrapping Up

Think about how befuddled and baffled most of us are when attempting to comprehend the origin and purpose of our lives, and equate this baffled frame of mind to that of the non-lucid dreamer attempting to rationalize the eccentric events of the dream in the wrong terms. Our dreamlands make much more sense and provide many more possibilities when we recognize we're dreaming. Thus, an analogous realization in our waking lives would lead to expanded understanding of the context of our lives, and better access to our potentials and creativeness.

I don't regard lucid dreaming as a consummate path to enlightenment. Maybe in the hands of the Tibetan Buddhists, with the correct guidance, and blended with other essential techniques, seekers may use lucid dreaming to take them to their goals. All the same, I see it chiefly as a signpost pointing to the possiblens of higher consciousness, a reminder that there's more to life than individuals are commonly aware of, and an inspiration to seek a guide who recognizes the way.