



Lucid Dreaming Made Easy

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Learn Step-By-Step How To Control Your Dreams!

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***Lucid Dreaming
Made Easy
Crash Course***

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Preface

After the huge success of “Lucid Dreaming Made Easy” we decided to write a condensed version for those customers that are looking for a simpler introduction to the world of lucid dreaming.

This version is not a replacement of the “Lucid Dreaming Made Easy” main book, which contains way more information and techniques.

However, this crash course will introduce you to the most important aspects of lucid dreaming in a straightforward and simple format. And if you are the type of person that loves to listen to books, you can also find the Audio version of this entire book in MP3 format which you can download and play on your computer or audio player of your choice.

Welcome to the beautiful world of lucid dreaming!

Introduction

“I was driving down a road in a foreign country in my old car from high school. In the passenger seat was Tom Cruise. The road shimmered and moved around like liquid. The trees along the road were fluorescent and the grass was so green. At that moment I realized that this could not be real and that I must be in a dream. I didn’t wake up but I continued in the dream state knowing that I was dreaming....”

Has this happened to you? Have you been in the middle of a dream and realized you were dreaming? If so, you have experienced a lucid dream.

Lucid dreaming is being aware that you are dreaming while you are in a dream state. You may have already experienced a lucid dream; many people remember having at least a few lucid dreams in their life, particularly occurring in their childhood. While simply recognizing that you are dreaming may not seem like something special, it can have many benefits especially when you are able to go a step further and control your dreams.

Some feel a spiritual connection to lucid dreaming and after speaking to some lucid dreamers you may feel that it is too “out there” or “new age”. In fact, lucid dreaming is very real and it has many practical uses and benefits.

Everyone can learn to have lucid dreams so even if you've never had one before,
there is nothing stopping you!

Benefits of Lucid Dreaming

Now you may be asking yourself “Why do people want to have lucid dreams? How can it really benefit me?” There are several reasons why people want to have lucid dreams. Some people will give you complex answers and others will simply say because they’re fun. In any case, you can use lucid dreams to improve your life.

Here are some common reasons for lucid dreaming.

Adventure, Fantasy and Excitement

You can do anything you want in your dreams without the consequences of the real world. Do you want to tell off your boss at work? Do you want to fly around your neighborhood and spy on your friends? Maybe you want to be a character in your favorite movie. You are not governed by any laws while you’re dreaming so you’re free to explore and do as you please.

Lucid dreaming for adventure and excitement may not seem like it can improve your life but for many it has proven beneficial. Many have problems expressing themselves and are stuck in the “hum-drum” of life so being able to let loose, even in a dream state, can improve their lives and wellbeing.

Practice Scenarios

Have you wished that you could rehearse a scenario to see how others would react? Maybe you have a speech that has you nervous or you need to talk to your boss about a raise. Surely, in the dream world characters do not give the same responses that they would in the real world but dreaming a scenario can help you prepare and give you the boost of confidence you need. For example, while giving a speech in a dream state someone from the audience shouts out that you're not using words they understand or speaking too fast. Making mistakes is human but with lucid dreams these mistakes don't involve anyone in the real world.

Have you ever wished you could go back in time and change what you said or how you acted? Don't fool yourself into thinking that by dreaming something you can change things; you can't. However, just the exercise of recreating and changing the event and your reactions can mentally benefit you.

Problem Solving

Some have found that they can solve problems in their dreams. During REM (See "Stages of Sleep", below) we are actually more focused. One theory to support this is that there are fewer distractions from our real world senses such as sight and touch. Solving problems in your lucid dream can be very difficult but it is still possible. Flying cows and walking through walls are huge distractions so

problem solving takes great focus and practice. If you are able to do so, it can greatly improve your life.

Nightmares

Many people are plagued by nightmares and find it difficult to sleep. If you suffer from nightmares then you know that it can be terrifying and result in many sleepless nights. During a nightmare it is possible to become lucid and control your dreams thus changing the outcome of the dream or changing the setting all together. If you know that you are dreaming then you will also know that nothing can hurt you and you have nothing to fear.

This can be very beneficial especially with overcoming your fears. Many have found that they can overcome a fear simply by dreaming about it and then using the dream world to make it into something exciting or fun.

Mental Healing

It has been proven that imagery has healing effects and since dreaming is one of the clearest forms of imagery, the power to heal using lucid dreaming should not be overlooked. Dealing with the loss of a loved one or overcoming a phobia can be dealt with using images in your lucid dreams.

Physical Healing

The newest and most advantageous field of study in lucid dreaming has been physical healing. Tests have shown that positive feelings can alleviate pain so the dream world can provide a place where you can self-heal. Clinical tests are needed to delve further into this most beneficial part of lucid dreaming. Positive results have been seen in people with spinal cord injuries to encourage recovery of neuromuscular activity and those with loss of lower body functions to enjoy sexual stimulation.

The world of dreaming means something different to each individual. These are only a handful of reasons of how lucid dreams can benefit those who practice it but you can clearly see how it can improve your life!

Stages of Sleep

Many think of sleep as something very simple; either you're asleep or you're awake. It is much more complex than that and understanding the basics of sleep will help you determine when you have the most vivid dreams and therefore when lucid dreams are most likely to occur.

Your brain goes through many cycles while you are asleep and the type of brainwaves occurring determines the stage of sleep you are in. There are five stages of sleep and while it can get very technical, we'll try to keep it basic.

Here are the brain wave types and how they relate to sleep:

Alpha Waves

You are awake but your body is relaxed. Your eyes are usually closed.

Beta Waves

Your mind is thinking and alert.

Theta Waves

Your mind is thinking but not as alert (daydreaming, for example).

Delta Waves

You are deep asleep and dreamless.

There are also spindles which are bursts of activity and often occur in the middle of theta activity.

It is a well researched fact that sleep cycles last approximately 90 minutes. During these 90 minutes cycles there is various brain activity and these are separated into five stages. These stages are:

Stage 1 - You are awake but relaxed and your eyes are closed. There is some alpha activity but mostly theta wave activity. This stage only lasts for a few minutes.

Stage 2 - Your breathing slows and you are in a transition from awake to sleep. There is some slow eye activity. There is mostly theta wave activity.

Stage 3 - This is when you are in a deep sleep but not yet dreaming. There is a mix of delta and theta wave activity with some spindle activity.

Stage 4 - Similar to the previous stage but almost all the activity is delta waves and therefore even a deeper sleep.

Stage 5 - This is the REM (Rapid Eye Movement) stage and the most vivid dreaming occurs during this stage. This is characterized by some muscular twitching and fast eye movement. There is mostly beta

wave activity occurring (the same that occurs while you are awake when your brain is active).

The five stages do not occur in exact order. The first four stages occur, these stages repeat in reverse order, and then stage 5 or REM takes place approximately 90 minutes after sleep begins. Again, REM is when your dreams are the most vivid and lucid dreaming is the most probable.

Since one cycle lasts only about 90 minutes, you will have approximately three to four cycles in a night. With each cycle the shorter stages 3 and 4 become and the longer (and therefore more intense) stage 5 (REM) becomes. In other words, you will have several dreams in one night but your last REM cycle before you wake is the longest and most vivid.

Techniques for Lucid Dreaming

There are several techniques for inducing lucid dreaming and it really depends on the individual as to which ones work best. Some find that with a few exercises they can experience lucid dreaming while others need to try several ways before they can experience it. Remember, everyone can experience lucid dreams; it takes patience, practice and determination.

Here are some exercises and practices that have proven to work for many:

Dream Recall

Everyone dreams (no matter what they say) but the key is recalling your dreams. If you can't remember your dreams then lucid dreaming is pointless. Recalling your dreams is also useful in finding patterns which will help you cross over into lucid dreaming.

Keep a dream journal close to your bed and write down as many details of your dream as possible. When you wake remain completely still since movement will arouse your other senses and you're likely to lose details of your dream. Think about your dream in detail starting from the end moving backwards. If you're stuck on something then try to figure out how you got from point A to point B. At 3 a.m. it may be hard to write down several pages but try to write down the dream characters, settings, main occurrences, and any dialogue. If you can't

remember everything, just jot down what you remember even if it's only a few lines.

Remembering dreams takes practice and after a few weeks you should notice that you're able to remember several a week if not several a night.

Reality Checks

The first thing you must do is recognize when you're dreaming. If you can't recognize you're dreaming then it will be impossible to induce lucid dreaming.

There are some common elements that only occur (or don't occur) in the dream world. These include:

- Light switches don't work.
- Text will change after multiple glances or you're able to change text just by thinking it.
- You're able to plug your nose and breathe through it.
- Fingers tend to grow and hands become distorted.
- Machines malfunction frequently.

Performing regular reality checks during your waking day will keep your mind in check. For example, if you test a light switch every time you enter a room then

you will become accustomed to it and do the same in your dreams. After realizing a machine doesn't work or malfunctions you try to breathe through a plugged nose then you will start doing the same in your dreams. Once you start performing reality checks in your sleep you will start realizing when you are actually dreaming.

Visualize Dream Activity

During the day and right before sleep, imagine enjoying a dream activity. Do you want to fly? Then imagine yourself flying above your house and around the city. This power of suggestion can sometimes be enough to induce lucidity in your dreams.

Dream Signs

Dream signs are things that only happen in your dreams. By knowing what dream signs are you are more likely to recognize when you are dreaming. Dream signs go hand-in-hand with reality checks but some are able to become lucid just by knowing what to look out for in their dreams. If you keep telling yourself that pink cats and flying can only happen in your dreams then you may be able to become lucid next time it happens.

Personal Dream Signs

Here is when your dream diary comes in handy. After looking over your dreams for a few weeks you should start to notice patterns. Do you keep having dreams

at old jobs? If so, tell yourself before you go to bed that if you go to work at your old job you must be dreaming. Are you always with a loved one who has passed away? Tell yourself that if you meet him or her again you must be dreaming.

Napping

Tests have shown that the likelihood of having a lucid dream significantly increases when you are napping. The best results were shown by waking an hour early from a nighttime of rest and then returning to sleep after one hour.

Lucid Dreaming Practices

Many people ask how long it will take to have a lucid dream or be able to control their dreams. There is no right answer. If you are able to recall your dreams easily then this is one important step that will be much faster to grasp. If you can not remember your dreams (or swear that you don't dream) then you'll have more work to do. Some are able to have a lucid dream quite easily however this is rare. It is more likely that it will take much patience and practice.

Dream Control

Once you can recognize when you're dreaming you can go further to dream control. You can decide to explore the depths of the ocean or visit friends in far away places.

The first few times you experience a lucid dream you're surely going to want to try some out-of-this-world experience like walking through walls or flying. This can cause too much excitement and you'll wake up. Instead, try to focus on remaining lucid and exploring the dream world. Once you've mastered that then you can move on to more control

Dream control is a talent that takes work and here are a few things to remember:

- Once you become lucid in a dream you'll have the tendency to want to slip back into your dream, i.e. non-lucid, because of all the distractions. Once you become lucid keep telling yourself that you're in a dream.
- Since you are excited when you become lucid you may have a tendency of waking up. Relax and remain calm. Think "No big deal" but at the same time encourage yourself to engage in the dream.
- If you find yourself waking from a lucid dream there are techniques that will help you remain in your dream. One of the most common is called dream spinning. If you feel yourself slipping into alertness spin in place like a child twirling in place.

False Awakenings

Be aware of false awakenings. You may have had one before. You wake up where you fell asleep and start performing your daily routine but you are actually still in a dream. It's a good idea to perform a reality check each time you wake up. If it is a false awakening then you can continue your lucid dream.

Believing

Believing in lucid dreaming and dream control will go a long way. If you don't believe it's possible then it's very likely that it won't happen. Keep telling yourself that it's possible, imagine yourself having one and read the experiences of others to help convince you.

Whether you lucid dream for adventure, mental healing or physical healing, it will open your mind to new world of personal development. Lucid dreaming means something different to everyone but it will surely improve your life.