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Foreword

Endowed by the knowledge that the world they're experiencing is an origination of their own imagination, lucid dreamers may consciously influence the effect of their dreams. They may produce and transform objects, individuals, situations, worlds, even themselves. By the measures of the familiar world of physical and social realism, they may do the impossible.

The world of lucid dreams supplies a huger stage than ordinary life for nearly anything imaginable, from the frivolous to sublimity. You may, if you opted, revel at a mars festival, soar to the moon, or travel to secret lands. You may join those who are testing lucid dreaming as a tool for issue resolution, self-healing, and personal growth. Or you may explore the significances of teachings from ancient customs and accounts from modern psychologists that say that lucid dreams may help you find your deepest identity—who you truly are.

The Lucid Dreamer's Diary

Your Guide To Experiencing Your Wildest Dreams In Reality Through
Lucid Dreaming

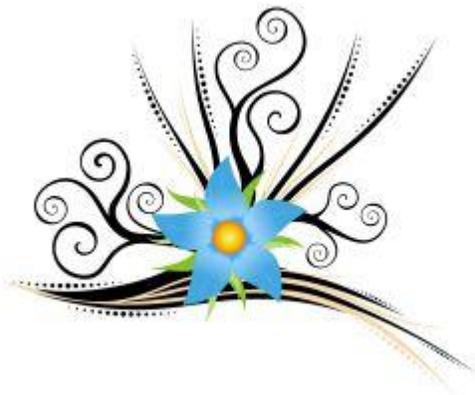
Chapter 1:

Introduction To Lucid Dreams

Synopsis

Lucid dreaming has been acknowledged for centuries, but has till lately remained a rare and little recognized phenomenon. My own scientific and personal explorations, together with the findings of additional dream researchers across the world, have merely started to shed light on this strange state of consciousness.

Lately, this fresh research field has captivated the attention of the population outside the domain of scientific dream research as studies have demonstrated that given suitable training, individuals may learn to have lucid dreams.



The Basics

But why are individuals interested in learning to be conscious in their dreams? Fitting in with my own experience, and the testimony of 1000s of additional lucid dreamers, lucid dreams may be inordinately vivid, intense, gratifying, and exhilarating. Individuals often consider their lucid dreams as amid the most fantastic experiences of their lives.

If this were all there were to it, lucid dreams might be delightful, but finally trivial entertainment. But, as many have already discovered, you may utilize lucid dreaming to better the quality of your waking life. 1000s of individuals have said how they're utilizing the knowledge and experience they've gained in lucid dreams to help them acquire more out of living.

While the outlines of a practical art and science of lucid dreaming are simply starting to emerge and the systematic utilization of lucid dreaming as a tool for psychological self-exploration is still in its infancy, most individuals may safely utilize the available knowledge about lucid dreaming to carry on their own explorations.

Likely the only individuals who shouldn't experiment with lucid dreaming are those who are not able to distinguish between waking reality and expressions of their imagination.

Learning lucid dreaming won't cause you to lose touch with the difference between awakening and dreaming. To the contrary, lucid dreaming is for being more aware.

This book draws on a number of sources of knowledge about lucid dreaming. This book strives to lay out, in a bit by bit fashion, everything you have to know in order to learn the skill of lucid dreaming.

How effective it will be for you depends upon your individual psychology and physiology. Experiment with it, test them for yourself, and determine what works best for you.

You're not likely to learn lucid dreaming by rapidly skimming through this book. Like most anything else worth acquiring, lucid dreaming calls for effort.

Motivation is a crucial requirement; you have to truly want to do it and make sufficient time to practice. If you persevere we're confident that you'll increase your proficiency at lucid dreaming.



Chapter 2:

Are Lucid Dreams Worth It

Synopsis

Before we get into the particulars of how to experience lucid dreams, let's take a closer look at the reasons for finding out how to wake in your dreams. Do the likely advantages justify the time and work called for mastering lucid dreaming? We believe so, but read on and choose for yourself.



Is It Worth The Work

Proverbially, and undeniably, life is abrupt. To make matters more defective, we must spend between 1/4 and 1/2 of our lives asleep. Many of us are in the habit of literally sleepwalking through our dreams. We sleep, mindlessly, through many 1000s of chances to be amply aware and alive.

Is slumbering through your dreams the best utilization of your limited life? Not only are you blowing part of your finite store of time to be alive, but you're missing chances and lessons that might rest of your life.

By waking to your dreams, you'll add to your experience of life and, if you utilize these imparted hours of lucidity to experiment and exercise your brain, you may likewise better your use of your waking hours.

We may bear not only knowledge but likewise moods from the lucid dream state to the awake state. If we awake laughing with delight from a fantastic lucid dream, it isn't surprising that our waking mood has been lightened with feelings of joy.

This carryover of favorable feeling into the waking state is a crucial aspect of lucid dreaming. Dreams, recalled or not, frequently color our mood on awakening, occasionally for a great part of a day.

Even as the negative aftereffect of "bad" dreams may cause you to feel as though you got up on the wrong side of the bed, the favorable feelings of a pleasant dream may give you an emotional pick up,

helping you to begin the day with confidence and power. This is all the more true of inspirational lucid dreams.

Possibly you still believe, “My dream life is intriguing enough as it is. Why should I make an effort to heighten my awareness of it?” Once you've had the experience of recognizing that you're dreaming and that your possibilities are far bigger than you had thought, you may imagine what a similar realization will be like in your waking life.

If you haven't yet had a lucid dream, you might find it hard to imagine what it's like.

While you have to go through it to truly know what it's like it's possible to get a thought of the experience by comparing lucid dreaming to a presumptively more familiar state of consciousness: the one you're in right now! The following exercise will guide you through a tour of your daily waking state of consciousness. Spend about a minute on each of the steps.

Get aware of what you see: notice the richly deviated and vivid impressions—shapes, colors, movement, dimensions, and the entire visible world.

Get aware of what you hear: register the assorted sounds taken in by your ears—a various range of intensities, pitches, and tonal qualities, maybe including the commonplace miracle of speech or the marvel of music.

Get aware of what you touch: texture, weight, joy, pain, heat and cold, and the rest. Likewise notice how your body feels right now and liken that to the many additional ways it feels at other times, tired or industrious, stiff or limber, painful or pleasant, etc..

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

Get aware of what you smell: the aroma of warm bodies, earth, incense, smoke, fragrance, chocolate, onions, alcohol, and the sea. Remember and envisage as many of them as you are able to.

Tend to your breathing. A minute ago you likely weren't consciously aware of your breathing even though you've inhaled and exhaled 50 times while doing this exercise. Hold your breath for a couple of seconds. Let it out. Now take in a deep breath. Notice that being conscious of your breathing helps you to change it deliberately.

Get aware of your feelings. Remember the difference between wrath and joy, peace and excitement, and as many additional emotions as you care to feel.

Get aware of your thoughts. What have you been thinking while executing this exercise? What are you thinking right now? How real do thoughts appear?



Chapter 3:

The First Step-Recall

Synopsis

It has been stated that “everything is dependent on remembering,” and this is surely true of lucid dreaming. Learning to recall your dreams is essential if you wish to learn how to dream lucidly. Till you have excellent dream recall, you won’t bear much probability of bearing many lucid dreams.

There are 2 reasons for this. First, without recollection, even if you do have a lucid dream, you won’t recall it. Indeed, we all likely have lost numerous lucid dreams amidst the many 1000s of dreams we've forgotten in the normal course of our lives.

2nd, great dream recall is crucial as to become lucid you have to realize that your dream is a dream, while it's occurring. As they're your dreams that you're trying to recognize, you have to get familiar with what they're like.

Remembering

You understand what a dream is, in common terms. But dream stories are not constantly simple to distinguish from accounts of events that really happened. Dreams in general appear like life, with particular notable exceptions. These exceptions are violations of your anticipations about the behavior of the world.

So, you have to get to know what your dreams are like, and in particular, what is dreamlike about them. You may achieve this by collecting your dreams and analyzing them for dreamlike components.

Before it will be worth your time to work at lucid dream induction techniques, you ought to be able to remember at least one dream nightly. The following hints will help you attain this goal.

The opening move to good dream recollection is getting plenty of sleep. If you're rested, you'll find it simpler to center on your goal of recollecting dreams, and you won't mind taking the time during the night to record them.

A different reason to sleep longer is that dream periods become longer and closer together as the night carries on. The first dream of the night is the curtest, possibly only 10 minutes in length, while after 8 hours of sleep, dream periods may be 45 minutes to 60 minutes long.

You might have more than one dream during a REM (dream) period, carved up by short arousals that are most frequently forgotten. It's broadly accepted among sleep researchers that dreams are not remembered unless the sleeper wakes directly from the dream, instead of after going on to additional stages of sleep.

If you discover that you sleep too deeply to wake from your dreams, attempt setting an alarm clock to wake you at a time when you're likely to be dreaming.

Since REM periods happen at about ninety-minute intervals, good times will be multiples of 90 minutes from your bedtime. Aim for the later REM periods by adjusting the alarm to go off at four and a half, six, or seven and a half hours after you go to bed.

A different crucial prerequisite to remembering dreams is motivation. For many individuals it's adequate to intend to recall their dreams and remind themselves of this intention just before bed.

Additionally, it might help to tell yourself you'll have interesting, meaningful dreams. Keeping a dream journal by your bed and registering your dreams as soon as you wake will help beef up your resolve.

As you record more dreams, you'll remember more. Hold tight any clues of what you may have been experiencing, and attempt to rebuild

a story from them. When you remember a scene, ask yourself what occurred before that, and before that, reliving the dream in reverse. If you remember only a shard of a dream, record it, regardless how insignificant it may appear at the time.

Once you begin to amass some raw material in your dream journal, you may look back at your dreams and ask yourself questions about them.



Chapter 4:

How To Achieve Lucid Dreams

Synopsis

More and more individuals nowadays are trying their hand at practicing lucid dreaming. A few do it for fun while other people do it with particular intentions in mind.

The ones that attempt lucid dreaming with a particular idea in mind are commonly those individuals who have an area they wish to deal with, be it medical, emotional, or physical. Lucid dream practices have been recognized to be able to supply the success rate needed to keep it an intriguing avenue to pursue.



Achieving The State

The practice of lucid dreaming isn't something new and has been practiced in a lot of ancient cultures. These lucid dream practices were utilized primarily to gain “contact” with the assorted realms surrounding the earthly one. In these realms a lot of different things were sought and understood to be then interpreted to other people or the ordinary masses in the natural world.

Strange though it might sound these techniques were successfully and almost ideologically utilized by shamans, priests and other alternative practitioners.

There are a lot of different ways that may be utilized to induce and succeed in the lucid dream endeavor. To accomplish the lucid dream state some might utilize the meditative method.

This meditative exercise commences just as the person is going to fall asleep. Some trust and apparently with proof, that the lucid dream state may allow an individual to process past and present life form karmas and make the transition between realms easily.

Moving between these realms is supposed to allow the person to be able to adopt certain divine elements.

Other means of inducing lucid dreams include the utilization of certain herbs. Through the concoction of these powerful plant medicines sleep may be induced with the potential to create the scenario to experience vivid dreams.

A lot of techniques may be used to learn to become lucid in a dream. There is one that is among the simplest. It regards writing the letter C (for consciousness) on the palm of your hand. Every time you notice it, ask yourself, “What is real?” or “Is this a dream?” Then merely notice your surroundings.

Here is a step by step method of inducing lucid dreams:

Keep a dream journal. Lucid dreamers tend to remember their dreams more than most individuals, and the best way to better your dream recall is by keeping a journal.

Ask yourself, “Am I dreaming or not?” 5 to 10 times a day.

At the same time, attempt to imagine, as intensely as possible, that you're in a dream, that everything you perceive, including your own body, is simply a dream figment.

When asking yourself, “Am I dreaming or not?” Center not only on contemporary occurrences, but likewise on events that have already happened. Do you notice something strange, or suffer from lapses of memory?

In each situation that is at all dreamlike—that's whenever something improbable occurs, or whenever you experience potent emotions—ask yourself, "Am I dreaming or not?"

If your dreams expose recurring elements—frequent feelings of concern, for example, or regular appearances of a dog—then ask whether you're dreaming whenever you're awake and find yourself in a jeopardizing situation or see a dog.

If you frequently have dream experiences that never or very seldom occur in a waking state, like floating in air, then attempt to imagine while awake that you're having the same experience, telling yourself all the while that you're dreaming.

Before nodding off to sleep, don't try to will lucidity; merely tell yourself you're going to be conscious in your dream. This technique is particularly effective if you wake in the early morning and feel as though you're falling back to sleep.

Decide to carry out a simple action when dreaming: swallow a glass of water, or tie your shoes. These steps might be facilitated by centering on visual images and/or bodily sensations as you nod off to sleep.



Chapter 5:

How To Remain Asleep Or Wake Up At Will

Synopsis

So far you've learned assorted strategies for increasing your dream recall and inducing lucid dreams. Maybe you've succeeded in having a few lucid dreams. Now that you're learning to realize when you're dreaming, what may you do with this knowledge?

As discussed previously, among the most fascinating possibilities is the power to control dreaming. It might be possible to dream anything you decide. But before you are able to try it, you have to be able to stay asleep and retain lucidity.



Remaining In The State

Beginner lucid dreamers often wake the moment they become lucid. They may recognize lucidity and conclude that they're dreaming but are frustrated because they wake or fall into non-lucid sleep soon after accomplishing lucidity. But, this obstacle is only temporary.

With experience, you may develop the capacity to stay in the dream longer. As you'll see in a moment, there are likewise particular techniques that seem to help prevent premature waking. Continue to apply will and attention to your practice, and you'll be able to fine-tune your lucid dreaming skills.

Lucid dreamers have discovered assorted ways of remaining in the dream state when menaced by early waking. All the strategies involve carrying out some form of dream action as soon as the visual part of the dream starts to fade.

Some prevent themselves from waking up by centering on the senses other than vision, like hearing and touch. They report that all of the following actions have successfully prevented awakenings from visually faded dreams: listening to voices, music, or their breathing; beginning or continuing a conversation; rubbing or opening dream eyes; touching dream hands and face; touching objects like a pair of glasses, a hairbrush, or the edge of a mirror; being touched; and flying. They're based on the idea of loading the perceptual system so it can't shift its focus from the dream world to the waking world.

As long as you're actively and perceptually engaged with the dream world, you're less likely to make the changeover to the waking state.

Many other people are light sleepers who find it hard to remain in lucid dreams for long periods. These individuals require more powerful strategies to help them remain in their lucid dreams.

A few years ago I had the good fortune to discover extremely effective process for preventing awakenings creating new lucid dream scenes. I began by reason that as dream actions have corresponding physical effects, loosening up my dream body may inhibit awakening by bringing down muscle tension in my physical body. The next time I was dreaming lucidly, I tried the idea as the dream started to fade, I relaxed totally, dropping to the dream floor.

But, different than my intention I seemed to wake. A few minutes later I discovered I had really only dreamed of waking. I repeated the experiment numerous times and the effect was consistent—I'd remain in the dream state by dreaming of waking. But, my experiences suggested that the crucial element wasn't the attempted relaxation but the sensation of movement.

In subsequent lucid dreams, I tried an assortment of dream movements and found both falling backwards and spinning in the dream to be especially effective in extending my lucid dreams. Here is a technique for spinning to remain in the dream state.

Note when the dream starts to fade once a dream ends, the visual sense fades first additional senses may persist longer, with touch being among the last to go.

The 1st sign that a lucid dream is about to stop is commonly a loss of color and reality in your visual imagery. The dream might lose visual detail and start to take on a cartoonlike or spent appearance. You

might find the light growing really dim, or your vision getting progressively weaker.

As soon as the visual imagery of your lucid dream starts to fade, rapidly, before the feel of your dream body evaporates, extend your arms and spin like a top (with your dream body, naturally).

It doesn't matter whether you pirouette, or spin like a top, dervish, youngster, or bottle, as long as you vividly feel your dream body in movement. This isn't the same as imagining you're spinning; for the process to work, you have to feel the vivid sensation of spinning.

While spinning, prompt yourself that the next thing you see will likely be a dream. Continue to spin; constantly reminding yourself that the next thing you see, touch, or hear will very probably be a dream.

Continue spinning till you find yourself in a stable world. You'll either still be dreaming or have awakened.



Chapter 6:

You Can Script Your Dream

Synopsis

I've always looked at my dreams as being an in progress story in which I've cast myself in the leading role. Things that occur in daily life or on TV or in a film are molded into scenes for my “story.”

Occasionally it may be a man that I've met. For the most part, my dreams are made up of situations that I'd truly like to occur in real life.

Not uncommonly, people have reported that they've consciously scripted, directed, and starred in their own lucid dream productions.



The Script

Superman is a frequent character adopted in lucid dreams. Be open to variances. If something new occurs, something that wasn't in the original script, then follow it and see where it goes. If and when you grow tired of feeling known scenarios, sketch out an easy one of your own while you're awake, center on it before you go to bed, and see if you may "produce" it when you become lucid.

Fantasies and adventures may operate on a lot of levels of the mind. At the bottom level, they satisfy our needs for excitement and wish fulfillment. Even so, they may likewise help us center our goals, produce futures for ourselves and the world, and, on the highest level, model the hunt for truth and meaning in life.

Think of a hero's story that appeals to you. You are able to utilize the structure of a classical myth or story, or you might invent your own. If you wish a little vicarious practice before taking your own journey, engross yourself in Star Wars, or The Arabian Nights, or Wagner's Ring of the Nibelungen.

Analyze the characters and the action as they progress through the levels of the dream. You don't have to invent elaborate plots or build dialogue. Merely note potential scenes in the journey of your chosen hero identity that fit with this model.

Write them down in easy sentences. Read the script before you go to bed. The next time you attain lucidity, recall your script: turn your back on the familiar, be open to guidance, and start your quest.

Chapter 7:

Possible Dangers

Synopsis

The following hypotheses are controversial and haven't been proven but it is prudent to be aware.



Some Cautions

Unexpectedly coming across “spiritual” entities:

This depends upon your worldview. If dreams are an initiation of your brain and nothing more, you don't have to fret about spirits or anything like that. If you wish to be on the safe side, dealing with objects in your dream the right way and courteously won't do you any damage.

Producing bad habits or being a control freak:

When lucid dreaming, you've the choice to control the dream world in ways that are out of the question in the waking world. You are able to, for instance, make objects come out or disappear, or make individuals act according to your will.

A few individuals believe this might lead your subconscious to desire this sort of command in the waking world, where it's extremely inappropriate. Likewise, you may be tempted to implement dream-world solutions to waking-life issues rather than really facing them; for instance, simply willing bad things to go away or breaking away or destroying them by superpowers. Once again, this is likely more of a problem if you're not mentally stable at the outset of your dreaming process.

Inability to cease:

If you've trained your brain to the point where it may step over the boundary without conscious effort, you may find it hard to quit. Don't become alarmed if you've trouble quitting the process of lucid

dreaming, it's possible to get out of the habit. As long as you really expect to cease having lucid dreams regularly, you will. You simply have to stop any further efforts to lucid dream, and inside a few months the lucid dreaming will disappear by itself. If you've real concerns, it might be advisable to talk with your physician or therapist regarding appropriate treatment, including medication.

Unsuitable false awakenings:

Among the benefits of having lucid dreams is being able to alter a dream or wake up if matters are not coming out as planned. But occasionally, while attempting to leave a dream, you'll become "stuck" in a series of false wakening. A false wakening is when you appear to have awakened but are really still dreaming.

For instance, you might find yourself awaking in your room. But once there, fresh things will begin happening—for instance, somebody might visit, or you may wander outdoors because of a queer noise, or there may be objects all over the place.

Then you may recognize you're dreaming, but "wake" immediately, and the cycle duplicates till you eventually do wake or else dream about something different.

This occurs mostly with nightmares or if your body is really tired, so your attempts to waken cause false awakenings. It's a great idea to get in the habit of doing a reality check just after waking so that you'll realize when this occurs and become lucid.

When this occurs repeatedly in the same night, it may be really tiring and frequently frightening. Not only may the belief of being fully

awake in your room while being exposed to strange situations be scary, but you likewise might begin fearing you won't be able to really wake up. And, depending upon the content of the dream, because all your dreams tend to begin in your room, you might fear what may occur once you actually do wake up.

But this isn't a very common situation. Once you're lucid, it's usually easier to wake up or lose the dream than it is to go on dreaming.



Wrapping Up

The speed with which you develop the accomplishment of lucid dreaming hinges upon a lot of individual factors. How well do you recollect dreams? How much time might you give to practicing mental exercises? Do you utilize a lucid dream evocation device? Do you practice diligently? Do you have a well developed decisive thinking mental faculty? And so forth.

Learn to do it properly and you might be able to go to places you would have never gone.

