

Download How To Have Lucid Dreams

Benefits of Lucid Dreaming. Lucid dreams give you the ability to control your own dreams and steer them toward the direction you want. In the lucid state, you are more willing to confront threats and as a result, become more self confident. LUCID DREAMING LITERATURE Excerpts from NightLight. NL1.1: “How to Remember your Dreams”: practical hints on developing the art of dream recall—the first step to learning lucid dreaming. NL3.2: “Other Worlds: Out-Of-Body Experiences and Lucid Dreams” by Lynne Levitan and Stephen LaBerge. Discussion of a laboratory study comparing OBEs and lucid dreams. The day I wrote Lucid Dreams, it was an ordinary day, just regular routine. I would just sit in my family room and play beats on the stereo, just write to them, so yeah, nothing out of the ordinary. A lucid dream is a dream during which the dreamer is aware that they are dreaming. During a lucid dream, the dreamer may gain some amount of control over the dream characters, narrative, and environment; however, this is not actually necessary for a dream to be described as lucid. - How To Have Lucid Dreams