

Inspiring things to try in your next lucid dream

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# Foreword

100 Things To Do In Dreams - HowToLucid.com

# Foreword

# Welcome to the BEST source of inspiration for things to do, try, or experience in a lucid dream!

This was created because there just weren't any really good lists of things to try (other than a couple, my website included of course) and lists online of 'things to do in a dream' are either incomplete (like forums advertising 100,000 things to do but only listing a few dozen) or just not detailed at all.

So as far as I know, this is the BIGGEST list of things to do in your dreams, EVER. And the ideas here aren't boring or common, in fact you probably haven't thought of MOST of these.

You can use this list to get a better understanding of lucid dreaming, your mind, and the world. The things you'll try will expand your consciousness, make you a better person and ultimately, a much better lucid dreamer. You'll be able to see things like you've never seen them before.

Lucid dreaming is literally an entire world (more than that in fact) and you can experience everything you can imagine, plus everything you CAN'T imagine as well. The trouble is most people have no idea what's POSSIBLE, and just simply don't know what to try!

For most of us, learning lucid dreaming is much like a chimp finding itself in the drivers seat of a rocket. You just don't know WHAT to try, and WHY you should do it. Here, I can help you with all of that.

This book is different, and alongside the thing, is an explanation of what you can expect to happen, what it can show you or do for you and some other notes like how to do the thing or best practices and tips. Some of them I've left for you to discover what happens alone, as it's much more fun that way!

I've also personally tried all of these in my lucid dreams (I'm a long time lucid dreamer of 9 years or more) and I can explain sort of what's going to happen, and why. This will help you get inspiration for YOUR lucid dreams and decide what YOU want to try and lucid dream about.

There's a limitless world of things you could try, but I'd like to offer this book as a sort of starting point for those who are new to lucid dreaming or just want some fresh new ideas for things to try.

I've separated the things listed here into different categories, so you can easily decide which TYPE of adventure you want to go on before bed. For example, one night you might want to find some profound spiritual answers in your life, while another night you want to just try a new interesting experience like becoming an ant and walking around your own little colony.

You won't be disappointed with these things, and I guarantee there will be LOTS here you've never even thought about doing or trying. There will also be a bonus section at the end explaining how to come up with your own source of inspiration and ideas for lucid dreaming. Let's begin!

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# How To Use This List Effectively

This is, of course, a fairly long list of things to try. Now, lots of you won't be able to have regular lucid dreams and so getting through this list might take you a long time.

That's totally fine, because you've got your whole life to try this stuff, but here is some advice for using this book.

Firstly, I'd highly suggest you look through the book and decide on your top 5 favourite ideas that YOU personally want to try first.

That way you can focus on what matters for you. There are lots of IDEAS here but everyone's different and what might appeal to you won't appeal to someone else.

If you're so inclined, you could print out this fabulous list of things to try and proceed to highlight certain sections as you see fit. This would make it easier to see what things you've already tried, and what happened. You could equally record these things in a digital dream journal and then when you're not sure about something, just search it there to see if you've already tried it.

As you've probably noticed, the contents of this book are divided into categories depending on what type of adventure you want to go on. If you want a profound space exploration adventure, for example you can view the list of ideas for that...

If you want a love making or sensual experience, view that list, and so on. You can decide what type of lucid dream you want to have. Along side (or underneath) each item (except ones I've left for you to discover)

you can find an explanation of exactly what you should try, and what you can expect.

These all assume you're lucid and aware of what you're doing. They also assume you're writing your dreams down every morning. If you're NOT doing these things, don't worry as we'll cover that very shortly.

So assuming you CAN lucid dream, treat each of these things as a separate lucid dream.

It's hard to try and achieve more than one goal in a lucid dream because you often aren't able to remember more than one. Start by just trying to perform ONE of these things per lucid dream. It's for THIS reason that I suggest not trying these until you can already lucid dream. If you find it hard enough to even GET lucid in the first place, you're not going to have much luck trying these ideas.

That being said, this can still give you massive inspiration for lucid dreaming. It can help you WANT to learn how to do it, and to be honest most of these experiences and ideas are so unusual and interesting that you'll probably enjoy reading about them, even if you can't actually lucid dream!

As you progress, you might find you can try more than one per night but until then, get your dream journal ready by your bed (to write the dreams down in the morning!) and go to bed. You can use whatever technique you want to achieve these, so go 'WILD'! (wordplay based on the lucid dreaming technique 'the wake induced lucid dream' which might be funny to one or two people, but probably not).

#### If you can't lucid dream yet:

If you can't lucid dream at all, that's totally fine. This book is still going to be incredibly valuable to you, as you're learning to lucid dream. Many people find that even by just READING about lucid dreaming and the experiences you can have, they become lucid spontaneously.



You could either stop here, and learn to lucid dream first (I'll show you how in a second) or you could just read it anyway and get inspired and motivated to learn. Either way is totally fine!

If you want to learn how to lucid dream, I would highly suggest you check out my 30 day printable bootcamp. It's the most effective way of learning ever (I'm not joking, it really works). With this system I created for you, you can easily see exactly what things you need to learn and practice on each day (and you can print it and stick it to your fridge or wall).

**Get the bootcamp here:** <a href="https://howtolucid.com/bootcamp">https://howtolucid.com/bootcamp</a>



# THE HUGE LIST OF THINGS TO TRY!

Here is the main section of things to try in a lucid dream! You can sort by category using the table of contents, of just read through them all at once! The choice is yours.

We'll start with the most common things that most people do in their lucid dreams, and some interesting twists you can take on these common things.

You can of course, decide to put your own take on these things and use use the lists below as a guideline for your own personal adventure. I'm merely trying to inspire you!

One more thing: I've put a number next to each thing that will apply to ALL the suggestions in the entire book regardless of what category they're in. This should help you navigate better and find your place easier.

Here we go, 1 to 100!

The Most Common Things People Try

#### 1: Flying

Let's get the basic and most common ones out of the way first. Flying is a very common thing to do in a lucid dream. You can soar across the sky or bank (turn very hard) across the landscape, getting so close to the mountains you can almost touch them.

To fly, you simply need to expect to go where you're looking and then imagine the feeling of flying there!

Many people get this one wrong, and they try to use 'physical effort' meaning they try and push harder with their muscles to fly faster, or they try to move their arms faster. This is WRONG. Flying in a lucid dream doesn't rely on muscles because in the dream you have none. It relies on your mental expectation alone.



To fly faster simply expect yourself to fly faster, and then you will do it. Don't get physical efforts involved because you'll fall 9 times out of 10. An interesting take on flying is you could try to become a bird, or an insect and see how different it is to fly inside your own home when you're tiny!

Flying dreams are among the most common because fro a young age, most people DREAM of flying. They imagine soaring across the sky, and this is made even more desirable by action movies or superhero films.

#### 2: Having dream sex

Sex in a lucid dream always feels the same, if not BETTER than sex in waking life. The reason for this is that your mind remembers the best parts of sex, and sort of removes any of the awkward or bad parts leading up to the good parts.

What this means is that just by walking up to someone and expecting them to have sex with you, they will. Even better, they'll do it in such a good way that you'll wake up from the excitement most times. To avoid this, meditate during the day so that you're used to staying focused! (The special bonus at the end will give you a great resource for meditating).

Lucid sex is great for learning what you like or don't like, and you can practice fetishes or strange things that you're too scared to ask for or try with your partner in waking life. When you've got the confidence and you think you might be into it, you can try it in real life!

Interestingly, you can have sex with pretty much ANY dream character. There aren't really any rules for this, and most if not all of your dream characters will want to have sex with you! This is because they're parts of your own mind.

### 3: Eating dream food

Lucid dream food is commonly known as some of the best tasting food in life. It's rich, beautiful and addictive. You'll find yourself wanting more and more, and the best part is that because it's a dream you can really indulge.

To find dream food, simply go to a place in the dream where you're likely to find food in waking life. For example, a kitchen, a cafe, food stand etc. Wherever you would normally expect to find food in waking life, it will be there in a dream.

You can eat as much as you like in a dream, and even if you have food allergies in waking life you don't have to worry about those in a dream. Enjoy! Interesting thing about dream food, is that if you go to bed hungry or thinking about food, you're much more likely to dream about it.

You can actually use this as a lucid dreaming induction technique but it's not very reliable, and nobody likes going to bed hungry! By hungry I mean literally not eating dinner, so that by the time you go to bed, all you can think about is food.

Probably one of the least fun techniques to try, but once you're actually lucid as a result of this, the dream food will taste amazing. Another benefit, is you'll never put on any weight by eating food in a dream!

#### 4: Looking in a mirror

A mirror in a dream is usually going to show you what you EXPECT to be there. What this means is that if you look at yourself in a dream mirror, you'll see your 'residual self image'. Your subconscious projection of how you think you look and present yourself.

Be warned though, this can be scary and your mind can show you some scary things in your dream mirror, because it's subconscious. You can't control it! Be careful with this one. Sometimes you'll see a deathly version of yourself with your flaws amplified, while other times you might see a beautiful confident projection.

This can be also influenced by your day and recent events in your life, and for that reason every time you look into a lucid mirror, you'll see something different. This is actually known online as the 'mirror experiment' and the results people get from doing this are very alarming and varied. It might be something completely different when you do it!

#### 5: Swim to the ocean floor

Remember, there are no physics or 'rules' in a lucid dream. You can swim as far down as you possibly can, and you'll still be able to breathe, so go nuts! Find a body of water like an ocean or a lake and swim down as far as you can!



What you'll find at the bottom could be really strange. I've had lucid dreams where the further down I swim, the CLEARER the water got

(which is strange, as it should be the opposite when there's less light) but that's just how lucid dreams work! You don't ALWAYS get what you expect.

You can experience whatever you like down there, and it's not always what you might expect. To swim right to the boot of a body of water, simply image yourself gliding through it almost like you're falling but in reverse.

The reason for that is that you're not able to use physics efforts in a lucid dream, and so by trying to use physical effort like manually moving your arms just like you're swimming, you'll trigger subconscious expectations of the physics of water and swimming, and it will hold you back.

Instead, just imagine yourself gliding towards where you want to go, and able to breathe easily. Try not to think of it as water, as this can also bring back memories of the feeling of water, and how hard it is to breathe underneath it!

# 6: Talking to your friend (true feelings)

Lucid dreams are a very good way to talk to people you already know. When you dream about someone else, you're seeing the projection of them that your subconscious mind has created. This can be a very raw and honest view of that person.

Now, this too can be influenced by very recent events or thoughts, so don't take it too seriously, but in general the projection of people you know will reflect your true feelings for or about them.

If you want to know what you truly feel about someone you know, find them in a lucid dream and start talking to them. See how they respond and react. Their reactions are almost entirely created based on YOUR subconscious opinions, memories and feelings about them.

This is a very important thing to write down, as it can help you learn more about your relationships, an your true feelings towards the other people in your life.

#### 7: Running around your house

Your own house is a great place to lucid dream about because you already know it! You can explore the things INSIDE your house like never before though, because there are no physical LAWS in a lucid dream.

What I mean by that is that you can explore your own house as if you were tiny, or as if the laws of physics don't apply. Walk into the front room, and then climb down the crack between the sofa cushions, to find a whole new room down there!

Climb into the bath, and swim away to a distant island. This is especially fun because you already know the layout of your home, and it's even more exciting when you push the boundaries and explore things which weren't there before.

# 8: Punching your boss!

Most of us have wanted to punch our boss at some point in our lives, and this is the only place you'll get to do it with no consequences. Find your boss in your dream and just punch them!

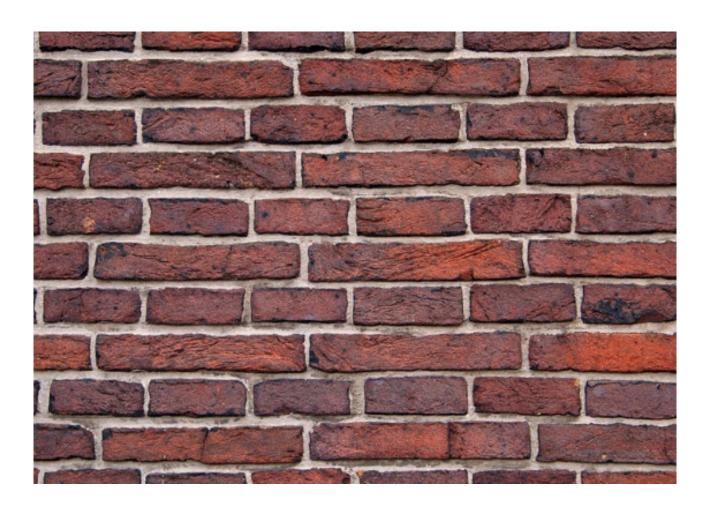
The tension you'll relieve can help you get through a long day at the office the next morning. Because the feeling of punching them is in your mind, you'll wake up really feeling like you've punched them, and it can

help you lower stress in the office if you don't get on with your boss (or co-workers etc)

Be warned though, it's not always healthy to dream or lucid dream about violence and aggression. Although people like to release anger in lucid dreams, remember that your brain doesn't know the difference. So you could just be building up the habit of using violence to release your emotions, which might transfer to waking life!

#### 9: Moving through walls (Phasing)

In a dream, you can move through walls! There is a bit of an art to this, and many times I've been stuck halfway through a wall, but don't let that put you off. Moving through walls is actually fairly easily, and you can do it simply by imagining what's going to be on the other side.



Once you've got a clear picture of what's going to be the other side of the wall, simply imagine the wall is like those strings of hanging beads you may have seen in some corner-shops.

Pass through it (also known as phasing, by the way) easily by just feeling yourself glide through the 'strings' of beads which make up the wall. This reminds me a lot of The Matrix when he can walk through walls and see through the fabric of the world around him. You can use this for all sorts of things, but make sure you REALLY believe you can do it, otherwise you'll end up stuck like I did!

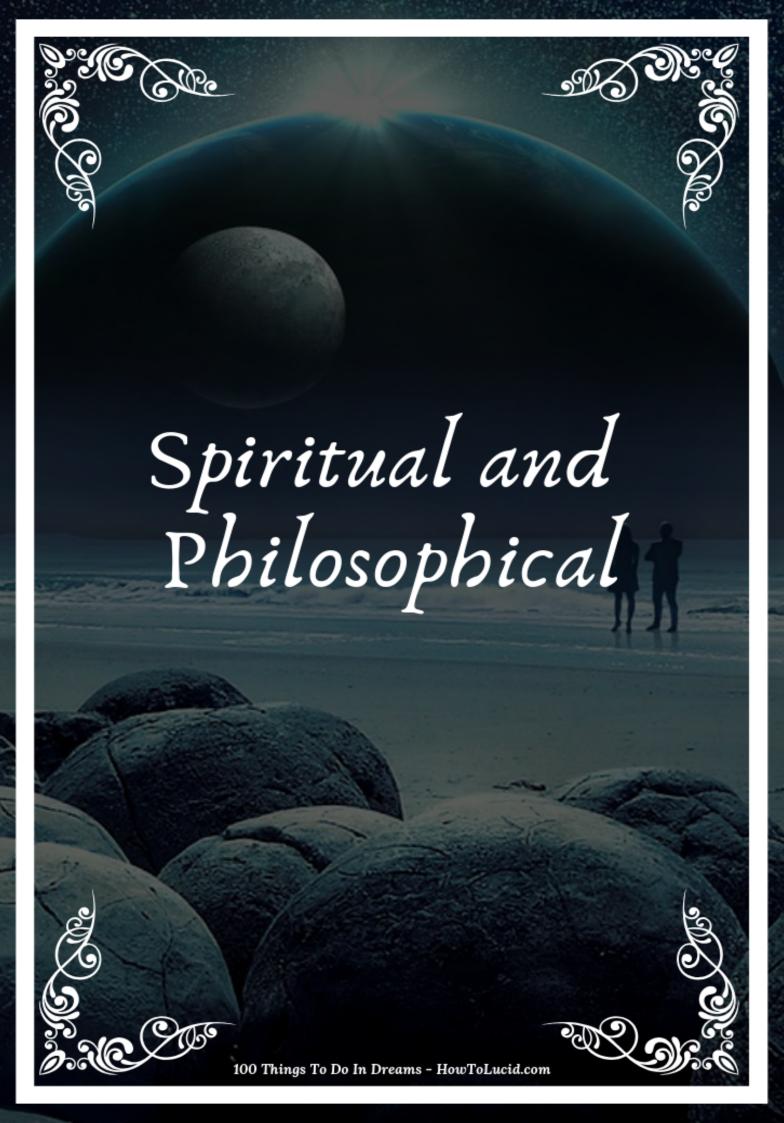
#### 10: Cause havoc

Ever wanted to just destroy a whole office full of furniture? A common thing to try in a dream is just causing trouble and wrecking things! Find a room full of very breakable things and just destroy it all.

You can use tools, or just your bare hands but don't worry about breaking your hands or hurting yourself; you're un-harmable in a lucid dream. This is such a good stress relief, that there are many 'rage rooms' around the world where people pay to go into a room and destroy the things in it.

Did you know that they actually have 'rage rooms' in the real world for this? They're special rooms that you pay to go to, and they're filled with old crockery and furniture. They give you a baseball bat or something like that and you're allowed to smash the things in the room!

It's apparently a really good way of releasing your anger, but it's also quite expensive because they have to refurnish the room every time someone goes in there! So dreams are a much cheaper way of getting the



same effect, and they're free.

# Spiritual And Philosophical

#### 11: Meditating in the dream (Delta brainwave state!)

This experiment is a very profound way of reaching deeper levels of consciousness. Here's how it works: when you're awake and you meditate, you effectively are taking your brain from a Beta state to an Alpha or Theta state.

This means you gradually relax and change your brain activity to a deeper level. In a dream however, you're already in a Theta state, and so meditating can easily allow you to reach the deeper meditative state of Delta with almost no effort at all!

Simply meditating in the same way as you do in waking life will allow you to very quickly reach a Delta state, which is the level Tibetan monks can spend years trying to reach during the day (but it's easier to do in a lucid dream).

It will feel like a profound sense of achievement and wellness. A deep comfort and peace with the whole world, and everything in it. It's a state which, when reached, will leave you feeling awesome for several days after. Well worth trying! This is one of the ideas I LOVE trying in lucid dreams. I meditate in waking life (we all should!) and I really notice the benefits from it, but doing it in a lucid dream is even better.

The only thing is, it's not as 'novel' as some of the other ideas here. It's not as instantly fun, and it's more a spiritual or introspective thing to try. Still worth trying at least once though, and if you're into meditation and self improvement, it's a must do!

#### 12: Gathering 'chi energy'

If you've never done this, it might sound strange. If you've ever tried Tai Chi however, this is quite normal. Many religions and cultures believe that all around everyone and everything, there is an invisible life force or 'chi energy' which holds everything together. It governs the flow of life and power and it can be manipulated in order to heal or feel better.

The common ways of manipulating chi energy are certain focused meditations and movements of the body and around certain areas of the body. In a lucid dream however, simply your intention is enough.

Stand with your feet shoulder width apart and imagine a blue or translucent aura of energy spinning around in a small circle in roughly the middle of body body. Move your hands slowly around this area and imagine the energy growing and becoming more powerful.

Then from here, you can either just experience it and feel the energy inside you, or you can flow it through your hands to do things like move objects around you or flow power to a limb or part of your body. If you're interested in learning more about this in real life, search for 'Tai Chi'.

#### 13: Asking the dream to show you god

Who or what god is remains to be seen, and depends largely on your religions and spiritual beliefs. That being said, everyone has a subconscious idea of who or what god is to them. This means that by asking the dream itself to show you 'god', you'll see what you believe god to be.

This could be a good or a bad thing. Scary or profound, it really depends on you and there's no way of knowing what you'll see until you just do it, so be warned! Once you've found 'god' in your dream you can ask him/ her questions that you've always wanted to know the answers to.

Bear in mind though that these answers are mainly coming from you. They're coming from your subconscious mind and the things you truly believe deep down, so don't take them as 'the word of god'. For example if you meet what appears to be a godlike figure in your dream, and it tells you to quit your job or something, make sure you actually WANT to do that!

#### 14: Talking to animals about their lives

Animals are often ignored and largely un-appreciated in waking life, so why don't you find an animal and have a conversation with it? In dreams, animals can talk to you and seem like they have their own opinions and beliefs.

It can be very interesting and funny sometimes to hear what they have to say. The results of this depend massively on your personal beliefs about animals, and what you think they think, if that makes sense.

I can't tell you what will happen for this one, but it will certainly be eye opening. The most interesting animals to talk to are the ones that you just don't spend a lot of time thinking about in waking life, like insects, birds or animals that are not in your native country.

Some of my best lucid dreams have been where I was an ant, thriving in an underground ant colony. I could see the pheromone trails and communicate with the other ants in the colony. It was so vastly different to anything else I'd experienced in waking life or even in other dreams.

#### 15: Asking the dream to show you the meaning of life

'The meaning of life' is a profound and deep question which no-one really knows the answer to right now, but everyone has some sort of idea in their minds. More specifically, your subconscious mind will have the answer for you!

It's always very interesting to ask the dream itself for an answer, because it gives you such raw and unique information and answers. It's unfiltered by your personal ego and conscious thought processes, it's just what's really in your head.

You might want to try this one a couple of times. I've found that when I ask deep and profound questions to the dream, I often get a completely different answer if I ask the same question on another night. So don't take whatever the dream says as the 'final' and most important answer.

# Just view it as a way of getting a unique and different perspective on something.

#### 16: Trying to 'feel' the energy of the world

This is a strange one. The world in a dream can actually be 'felt' if you try really hard. Become lucid, and stand in an open space like a field or a car park.

Now just like you would to meditate or gather chi energy, try and 'feel' and observe the things around you, and the ground beneath you. Ask the dream if you need to for help. Say something like 'I want to feel the world'. You'll get a profound sense of being grounded and rooted into the earth you're standing on in the dream, and the feeling will last at least a day!

#### 17: Talking to aliens about the world

Aliens are always an interesting thing to try and experience in a dream. All of us have different ideas about what aliens are or would be, and it's always funny and interesting to find them in a lucid dream!

When I found some aliens in a dream and spoke to them, I was told that I was invading their dream space, and that I was getting in the way of a new coffee house they were opening on the street we were on! Strange.

Because everyone has a different opinion or view of what aliens are like, and what they'll say or do, this could be a strange one to try. Be careful because lots of us have subconscious beliefs that all aliens are evil and want to kill you (based on horror films and Sci-fi).

#### 18: Having a conversation with ancient seers

Find your favourite historical idol or seer, and have a conversation with them.



To go back in time to find a historical figure, you'll need a dream portal. Find somewhere in the dream which naturally has a doorway or a passage, and then put your hand gently on the outside of the portal or doorway.

Now, expect to find yourself where you want to be when you come out the other side of the dream portal. In this example, expect to come out at a different point in time, where your historical figure is. You'll enter the dream at that point in history, normally somewhere NEAR the person you're trying to find.

If for example you're trying to find Cleopatra from the Egyptian times, you'll exit the dream portal somewhere in the palace where she is currently. You now just need to explore the rooms to find her. Your mind will place you somewhere near the person you're trying to find.

Now when you find the historical figure or person you're looking for, you can ask them questions! But be warned, they won't know anything about the future world (most of the time) so if you whip out a phone, they might freak out!

This is a great one to try because it shows you what your honest image of that historical person is. You can test your knowledge on certain things like this, especially useful is you're studying history or have an interest in it.

#### 19: Finding yourself in the past or future

One of the most profound and interesting things I've ever tried while lucid is to find MYSELF either from the past or the future, and have a conversation with... Me!

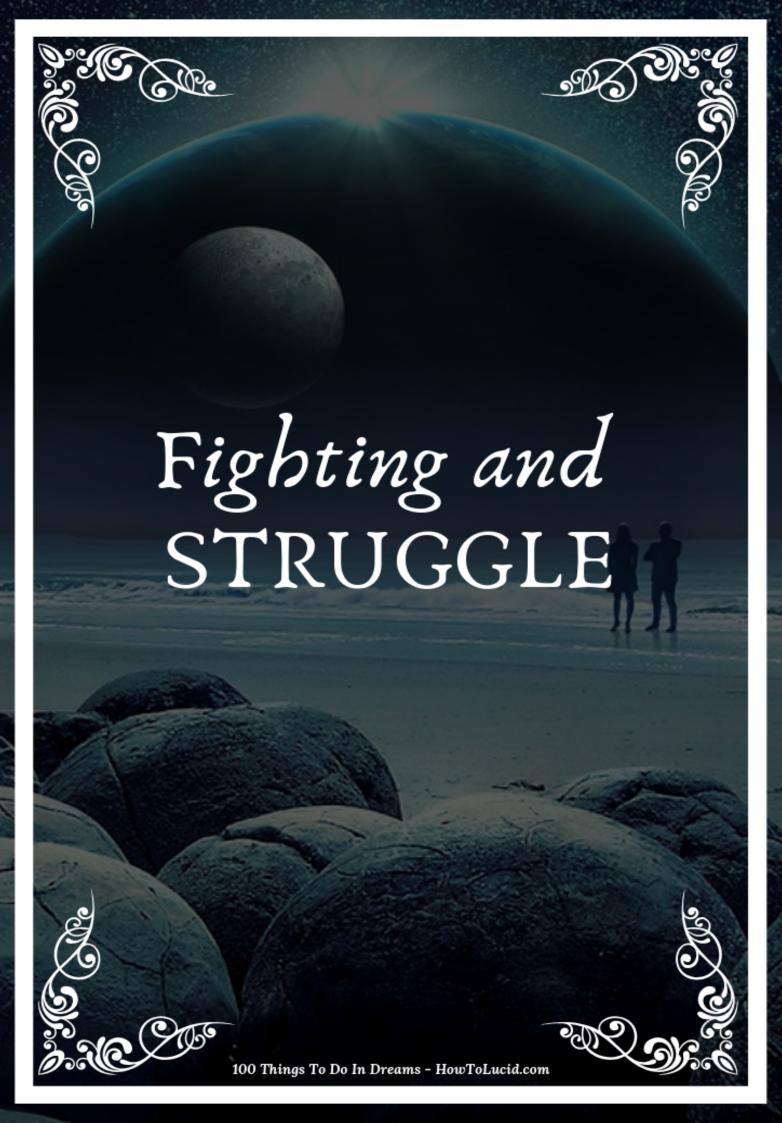
Your representation of yourself in the past or future will show you a lot about how you feel about yourself, and what sort of person you are! You can talk to yourself in the future to find out what you're subconscious mind is wanting to change (or is in the process of changing).

To find yourself in the past or the future, use a dream portal. A dream portal can be found by just waking up to any doorway or natural gateway and expecting to drive where you're trying to get to on the other side. For example, opening a door and expecting to find YOURSELF on the other side, but from the past or future.

#### 20: Asking the dream to show you love

Love is a concept in many cases, and you can ask the dream (your subconscious) to show you what it looks like, if it were tangible. This can have you experiencing a beautiful array of shapes, patterns and colours, or a long string of beautiful memories and links between two people or more.

It could also show you a huge network of strings or 'love connections' between all the people in the world! It's a lovely one to experience, because the concept of love is almost always a positive and warming one!



# Fighting/Exciting Struggle Situations

It can be interesting to see what certain fights or situations would be like. Lucid dreaming is useful because it lets you experience everything you want to in a risk free environment. This means you can can see what dangerous situations are like without being in real danger.

#### 21: Fighting a dragon or mystical beast

Conjure up a huge dragon and slay it! I always wanted to fight a dragon ever since I first did in a video game in my childhood, and I'm sure there are others who are the same. A dragon is considered one of the most powerful mythical beasts ever, and so to fight one would be a truly incredible experience.

Use a sword, (or a gun if you want) and fight to the death with a dragon in your next lucid dream. A cool twist would be asking the dragon to make friends with you and using THAT dragon to fight another dragon, so you're building a small team!

You could also become a dragon and fight another dragon, or replace dragon with any other mythical beast like a Phoenix or Ogre. I just like dragons! This sort of dream lets you open your mind to what's possible, and to LIVING the things you thought were only possible in movies or games.

#### 22: Fighting 1000 people at once

Just like in those martial arts movies, where the protagonist takes on 5 or more people at the same time and has them flying all over each-other! This can be a fun one because you're practicing all those martial arts moves your mind has absorbed without your being aware of it!

Just tell yourself that you're invincible and no-one can defeat you, and you'll find yourself throwing people around left, right and centre! Be careful though, if you lose lucidity, you can get overwhelmed very quickly.

The classic example of this is in the Matrix trilogy, when Neo fights off several agents at the same time in the park. He swings around, floats through the air and spin kicks them all, and the whole scene looks insane. Imagine being able to LIVE and experience that! It's a very interesting experience to have.

#### 23: Being on your deathbed

We're getting serious for this one! Everyone on their deathbed seems to be almost 'accepting' of their fate and one of the most common things that people do as they're dying is let old grudges go, express regret for the things they haven't done and tell their loved ones that they love them.

See what the experience is by getting yourself killed in a lucid dream, and see what feelings come to mind! Does your whole life flash before you? Do you think about a certain person? What does it feel like? It's an interesting way of seeing a new perspective, and it can help you realise what's truly important in your life.

#### 24: Re-creating a video game

We all like different types of game, and so your ideal video game might be different to mine, but you can simulate your favourite game in a lucid dream very easily! I've played full scale battles of 'Age of Empires' in my lucid dreams, even though that's a really strange game to dream about because it's from a birds eye perspective, not first person!

You could re-create whatever your best video game memories were as a child, for example racing through the streets of Delfino square in Mario Kart!

To incubate a dream about a game, you can play the game for a long time during the day and then as you're going to sleep, tell yourself 'I will dream about this game tonight' over and over again. Much like the VILD (Visually induced lucid dreaming) technique, this works by telling your subconscious mind what to dream about that night!

#### 25: Re-enacting a historic battle

The battle of Hastings could be interesting to experience... Or maybe the French revolution! Whatever is most interesting to you can be experienced in a lucid dream, so pick your favourite historical battle, and simulate it in the dream! Imagine being able to be alive in Ancient Egypt when the pyramids were being built.

I've always wanted to see something like that, and by dreaming about it you can get a sense of what it was like. It helps with this sort of dream to know SOMETHING about the scene you're trying to create. For example, you could watch a film or a documentary of the scene or civilisation you're trying to dream about.

#### 26: Taking part in an insect invasion

You may have seen insects running around wildly on the ground and thought; 'I wonder what it's like to BE that insect, fighting all the other insects away for that bit of grass'. Well, now you can. Imagine yourself as

a praying mantis battling off swarms of wasps, and feel what it's like to have insect limbs and powers!

Become a bombardier beetle, and fire powerful acidic liquid at your prey. Some of my most interesting dreams have been when I've actually been a fly, or an ant! The world seems very different from all the way down there, and the things that are so mundane to us humans can seem like mountains, full of adventure, to the insect world.

#### 27: Running in a stampede

A stampede or a huge running herd of animals is a great thing to experience and be a part of. Become an animal like a Zebra, and take part in a huge stampede with your herd of animals. Charge across the desert or savannah and feel truly free and connected to your other herd members!

Dreams like this are unique, because you get a sense of belonging to a pack of animals. Often we can't imagine what it's like to experience life in any other way than the way we currently experience it. But by being involved in an animal stampede, we get a sense of something new.

#### 28: Be an assassin on a mission

One of the most exciting lucid dreaming experiences is to become a secret agent or an assassin. In Total Recall (At the end, there's a special bonus link to a page with some resources to go along with this book including all the films mentioned), the main character wants to have the experience of being an agent on a mission to the moon, taking out people as he goes through the buildings, and frantically trying to stay alive as he jumps across rooftops.

Enact your own top secret mission by becoming an assassin with a mission, and use high tech gear to support your mission. It's very exciting because the dream will create itself in front of you, and when you least expect it, you'll start getting chased by some guards, or fired upon by a hidden helicopter!

In fact one of the main things I think that will happen in the future, is exactly this. People that play video games love experiencing something exciting and new like this, it's the escapism. Well, through technology in the future, I think people would pay through the nose to experience something like that.. A secret mission on the moon! Being a secret agent..

And you have the chance to learn to lucid dream right now and do all of that, for free every night! It's amazing.. Anyway on with the list.

# 29: Be a martial artist!

Your subconscious mind is capable of taking in lots of information from the things you watch or hear in waking life. You'll find that if you try and fight in a LUCID dream (not a normal one) your mind will sort of know how to fight. You'll find yourself acting out powerful and complex fighting moves that you might have seen from a film years before.

Become a famous martial artist and compete in national competitions! Or you could just use it to protect yourself on the dream-street! It's a dangerous place out there!

I find that just by expecting myself to win the fight in a lucid dream, my mind knows what to do next and I just sort of 'do' the moves and win the fight. See what your mind does! You'll be surprised what you know, deep down.

Interestingly with this one, if you practice a martial art in REAL life, you'll really improve by practicing it in a dream. It's a powerful trick you can use to get an edge over your competition who probably can't practice their spin kick while they're sleeping. There have been studies to show that you REALLY do improve when you practice skills like martial arts in a lucid dream.

#### 30: Have a famous fight (Or watch one)

If you're a fan of fighting or boxing or something like that, you can experience (or even be a part of) your favourite fight! A famous fight between two professional wrestlers, for example. Or the fights we all know and love from famous films like Gladiator.

You can be a part of them! Or just watch, that's totally fine too. I've been a spectator in the final fight of Gladiator, cheering him on as he beats the false Caesar!

# Sexual Or Sensual Experiences

Several things are amplified in a lucid dream, and sexual or sensual experiences are some of them. Enjoy a heightened sense of awareness and use of your senses in lucid dream sex situations.

#### 31: Dream sex with your fantasy character

Lucid sex can feel incredible, because much like dream food, your mind simulates the best parts of it, and removes the negative parts of it. It's pure desire, lust and indulgence, and it feels GREAT.

To have dream sex with your fantasy character, you simply need to find the character, and make a move on them. As weird as it sounds, they'll almost always want to have sex with you in the dream, because they're simply your projections of that particular character.

While they might look like the people or person you're trying to create, they're actually parts of your subconscious, and they'll almost always be up for it! Go up to them and make a move, but be warned, the more sexual you are in a dream, the more likely you are to wake yourself up and end the lucid dream.

The way this is different from normal lucid dream sex, is that you can create your ultimate fantasy. Let's say it involves dressing up in a particular outfit, just imagine the girl or guy in that outfit. You can literally create the entire thing in your dream, and it will feel vivid and real.

You can also create fantasy situations that would never happen in real life. You could for example have sex with your fave celebrity, while spinning round on the London eye, while also playing table tennis with your other hand. Or you could be having sex in a spaceship orbiting around Pluto.

#### 32: Have sex with a celebrity

Celebrities can be found in lucid dreams easily, because they'll be easy to recognise, and you'll always find them in a crowded place. Go up to someone you know from a film or TV show and ask them for sex. They'll want to 99 times out of 100 and it will feel great.

Because you've (probably) never seen them naked in real life, your mind will sort of fill in the blanks (pun intended) and create what you think they might look like. It will all feel very vivid and sensual!

#### 33: Make love with an alien

Everyone always has sex with humans in lucid dreams, but what's wrong with experimenting with aliens! If you've seen the film 'Guardians of the Galaxy' you'll probably agree that there can be some very sexy looking aliens or non-human figures!

Don't let the fact that they're green (or blue) put you off, most times dream sex with aliens is much better than sex with humans. Why? Because we've never experienced it in real life, so if you go into a lucid dream expecting to have sex with aliens and expecting it to be awesome (you're welcome) then it WILL BE!

Also, the excitement of trying something new and a different species (alien) will be enough to make the whole experience better and more arousing.

Just go with the flow. You might have to let them do most of the work, especially if you're not familiar with their body and you don't know where everything is and how it all works! Just sit back and enjoy the ride.

#### 34: Slowly eat dream food

Take your time when eating things in a dream, because you'll really get a sense of the different textures and senses of the food. It's incredible how much detail your mind can create in a dream regarding food. Taking your time will let you experience so many tastes that you just can't find in real life.

Eating food that you'd never normally eat is great as well because your mind has a chance to create the taste for you and show you what it thinks tastes like! The best thing to eat is really rich flavours like a chocolate cake or a pizza covered in cheese and things like that.

#### 35: Have a massage

Having a massage feels great in real life, so imagine how good it would feel while lucid! It will deeply relax you, and you'll get a profound sense of connection between yourself and the person giving you the massage. Find a massage parlour in the dream, or just ask a random dream character on the street to give you one.

Most times, when you ask a dream character to do something in a lucid dream, they will. There ARE however lots of times where asking a dream character something will give very random results, and sometimes quite unexpected or even shocking answers and results. That's all part of the adventure of it though!

In fact, many of these ideas for things to do in a lucid dream are much less about the specific thing, and more about getting you to open your mind to what's possible to experience.

There are so many things beyond just having sex and flying in lucid dreams, and thats the main reason this book was written, to help inspire you to dream a bit bigger! (Pun totally 100% intended).

# 36: Receive oral sex

Oral sex feels good on the worst of days in real life, so in lucid dreams as we said before, it will feel even better. Always wondered what it would be like to get oral from that cute girl at work? Now you can! No further explanation needed here. Just remember to ask nicely!

# 37: Have a lucid cuddle

One of the most intimate things you can do with another person is cuddle. It releases the hormone Oxytocin, which is responsible for the actual feeling of falling in love with someone.

It's a big reason that couples cuddle, because it literally makes them love each other more. It's a natural process that we've evolved to grow attached to those we care about and want to protect, and the hormone re-enforces how important it is to physically be there for them to protect them etc...

Cuddling in a lucid dream might also release the same hormone, (unproven, not certain!) so be careful who you cuddle in a lucid dream, you might end up developing more feelings for that person!

But if you're just using it to get closer to your partner, that's totally fine and will probably make you feel even more connected and close to them. I'd be very interested to know whether the SAME hormone is released in lucid dreamers when they cuddle in a lucid dream, so if anyone ever does that research, let me know about it!

# 38: Ask the dream to make you orgasm

You don't even need to use your hands for this one! You can literally just ask the dream itself to make you orgasm. It (the lucid dream) will proceed to give you the most mind blowing orgasm you've ever had, and the feeling can last as much as 20 seconds or more!

One of the best parts of sexual experiences in lucid dreams is you can experience orgasms lasting much longer than usual. If you're a girl, you can already experience naturally longer orgasms in waking life, but for guys especially, this one is great! You can orgasm for up to 30 seconds or more sometimes, just by asking the lucid dream to make you orgasm for a long time!

Again this can easily wake you up if you're not careful. A good way to be able to do something like this WITHOUT waking up is to make sure you're meditating every morning, so that you're good at focusing and staying in a state of mind without getting aroused too much and woken up!

# 39: Find a healer and heal yourself!

In lucid dreams, you can find any type of character you can imagine. If you want to find a chakra healer, you can! Find someone in the dream to heal you of whatever problem you've got in your waking life. If you've got anything physically wrong with you in waking life, lucid dreams are an excellent place to get some relief.



What I mean by that, is let's say you've got a leg injury and can't walk. You can walk in a lucid dream, and you'll be able to experience what it's like without your particular disability or health issue.

It's a great way to stay positive and can be effective if nothing else, as a placebo effect for things. By practicing experiencing a life without it, you're more likely to heal naturally because of the incredible power of your mind and the effect of intending something particular to happen.

### 40: Kiss passionately

Kissing can be a very sexual and sensual experience, so doing it in a lucid dream will also be sensual. In dreams however, you're able to do much more intimate things with kissing, like absorbing the persons thoughts, life force and feelings etc...

I know, it sounds like you're a vampire! Don't worry, you can do this without harming the other person (even though they're just a dream character). You can bond with them through kissing but in a way that you can share things more than just your mouths.



# **Useful And Beneficial Experiences**

One of the best things about lucid dreaming is that you can use it for practical things that will have a noticeable effect on your real life as well. This can give you an edge over your peers and competitors, and let's you make the most of hundreds of hours that most of the world simply aren't using.

### 41: Practice a skill (And really improve)

When you practice a skill in a lucid dream, you really do improve at it in waking life. This was one of the most incredible things to me when I first learned about it, and I used lucid dreams to pass my driving test way before I was supposed to. I practiced the skill of driving a car and using the clutch (and changing gears etc...) in lucid dreams after my lessons.

It gave me dozens of extra hours to practice three point turns, parking and all sorts of other things that take time to practice. This gave me an edge and I used time that I would have waste otherwise by just sleeping.

You can do the same, and almost any skill can be practised in a lucid dream with real, noticeable results. The one caveat of this is that you need to ALSO practice in waking life. Studies have been done on this and shown the following:

- When you practice the thing in real life, you improve a little bit
- When you practice the thing ONLY in lucid dreams, you improve a tiny bit (almost nothing)
- But when you practice in both waking life AND lucid dreams, the effect is huge and almost double that of just practicing in real life. It's like 1 + 1 = 3 in this situation.

So the best thing to do is just practice in real life, and then practice the same things in a lucid dream. Before the lucid dreaming practice, tell yourself that you're going to improve at the ability (driving, martial arts, climbing, weightlifting etc...)

### 42: Practice a fear (like public speaking)

You can use lucid dreaming for much more than just doing fun things. One of the things I love doing in lucid dreams is practicing situations which I wouldn't want to get into in real life. Scary things like public speaking, or being embarrassed in public are all things that we don't want.

But by practicing and being prepared for the experience (from lucid dreaming) you give yourself a small edge over the situation, and you're better able to deal with it! Practice whatever it is that you're most afraid of, and you'll find that when it eventually does happen, you're far less terrified and unable to deal with it.

# 43: Ask the dream what your purpose is

Everyone is trying to find their life purpose, and it can be very confusing at times. A great thing to try is to ask the dream to help you out with it, and get the dream itself to help you work out what your life purpose it! Just ask the dream out loud 'What is my life purpose' and it will respond with something really interesting and useful.

Try to record the different answers it gives you over a period of time, don't just take the first thing it says as the law. Your mind (and especially your subconscious) can be influenced and changed by things that happen to you during the day, so you should get a few answers and see if there's a pattern over a period of time.

For example, if you just went to the zoo, you're more likely to lucid dream about a zoo and the dream might tell you that working in a zoo is your life calling, when in reality it's just because you went to the zoo that particular day, and you enjoyed it.

It's best to get a series of answers of a period of time and try to look for a link between them, for example if they're all travel themed, or they're all theme around properly investment or something. Build a pattern and then work out what it means!

### 44: Ask the dream what's holding you back

Each of us has SOMETHING holding us back, whether it's a fear of being rejected, or a fear of succeeding beyond our wildest dreams (I did it again).

Believe it or not, one of the most common fears (which almost no-one admits or knows about) is the fear of succeeding, because it's such a huge change that would possibly change your entire life and friendship group, and humans are wired to not like change or discomfort.

Asking the dream what's holding you back can be very liberating, and you can use this information to really get to know more about yourself and how you can improve in your life. Most of us get stuck in comfort zones, and this question can help you break out of them.

# 45: Practice living your dream life and see how it feels

If you want to achieve a certain lifestyle, one of the most important things you can do besides creating a plan and working steadily towards it, is to visualise the life you want to live. It's been said that a great way to become successful is to play the part of the person you most want to be. By practicing being that person, you'll naturally start to build the habits they would have, and do the things they would do. It's a fundamental principle of NLP (Neuro linguistic programming) called modelling.

It can be used in a lucid dream as well. By have a dream about living a n average day in the life of your dream person, you start to build a strong vivid image in your mind of what it is exactly that you're trying to achieve, and what it will feel like. Trust me, this one is powerful.

You might also find that when you've lived a day being a millionaire in your lucid dreams, it's not as awesome as you thought, and it's not what you truly want. You need to really try these things out to see what feels right for you!

# 46: Ask the dream how to achieve success

Your subconscious mind can be a great source of inspiration and can provide you with some awesome ideas for how to reach your goals that you might never have thought about before.

I've used lucid dreams to come up with ideas for books, stories and ways to make better websites etc... You can do the same! In fact the idea for THIS book came to me in a dream.

I was strolling down a remote pathway on some tropical island and I stumbled across a golden chest. I open it, and inside there's an enormous volume/book engraved with the words 'Dream ideas'.

I start reading and it's just thousands of incredible ideas for things to try in lucid dreams. I woke up and then immediately started writing this, I didn't sleep because I was so inspired to write this actually!

If you're trying to achieve something in particular, like become an expert at a particular thing, or get into a certain profession, your lucid mind can help you think outside the box of way to get there.

This is another one that you can ask the dream to help you with directly, and so it's fairly easy to get started doing this. Just ask the dream 'how can I achieve my goal'. The dream will already know what goal you're talking about, assuming you think about it during the day a lot, and you have one clear goal and not 10 conflicting things that you 'sort of' want.

### 47: Remove a fear from your mind

A very powerful thing to do with lucid dreams is to remove fears from your mind. Fears are often the result of a particular (or repeated series of ) trauma/s over a period of time. To FIX a fear or to remove a fear and stop being scared of something you usually need to experience it more.



Most fears however, are of things that you wouldn't want to experience much more than once (or at all!) like drowning, getting shot, or getting lost in a dark city.

In lucid dreams however, you're able to experience anything and there will be no real consequences from it. This means you can practice experiencing your fears in a controlled environment without worrying. Sure, it will be scary and difficult at first, but as you're doing it, tell yourself that it's not real and you're doing this so that you can remove the real fear from your waking life.

It's as simple as just DOING or experiencing the thing you're scared of in lucid dreams, and as you're doing it, tell yourself 'this isn't scary, this isn't real'.

### 48: Strengthen your natural lucid powers

Asking the dream to do things is a very good dream hack that you can use to do a number of crazy things in your lucid dreams. One of those things is asking the dream to HELP you become lucid more easily in the future.

What this does is strengthen your natural ability to become lucid, and makes it more likely that you'll naturally become lucid in the future. Every time I'm lucid, the first thing I ask my subconscious dreaming mind is 'Help me get back here faster next time' and almost always, it works.

I experience easy, regular lucid dreams because I've trained my subconscious mind to get better at doing it (having lucid dreams). When you're next lucid, call out to the dream to help you get lucid better next time, and see what it says.

Sometimes the dream responds by saying 'you're not ready' and that simply means that you really need to put a bit more effort in yourself before you can start asking the dream for help!

#### 49: Write some music or create art

Many famous paintings have been inspired by lucid dreams, not the least of which is the famous 'the persistence of memory' by the Salvador Dali.

It shows a dream scene in which several clocks are melting and drooping down over a table in a desert. A surreal piece of art which was inspired by a lucid dream and the surrealism of it is really eye catching.

What you'll find when you compose music or get inspired to paint something in a lucid dream is that you'll get a fragment of the idea, and then when you wake up you'll be able to develop the idea. If you've ever been truly inspired by something before, you'll know the feeling of having an idea that's just 'open' to growing in your mind, and it takes very little effort to develop into a fully formed new idea.

That's what this will feel like. You'll get the rough idea of what the thing is from the lucid dream, maybe it's a feeling of the music or a glimpse at the emotions or idea behind a painting, and then when you wake up you can develop the idea.

# 50: Solve a complex problem

Lucid dreams can be used to solve complex problems that you might not have been able to solve in the waking world. Things like math problems, scientific equations and complicated engineering problems have all been solved by skilled lucid dreamers in the past.

This isn't as easy to induce however, and you'll often find that if you're thinking about a complicated problem, the lucid dream won't always solve it for you on demand. More likely is that you'll have a random (sometimes even non-lucid) dream and the answer will just come to you.

This is probably where the phrase 'Just sleep on it' comes from, because often when you think about a problem over and over again, the answer will just sort of come to you and you'll wake up knowing what to do!



# Mind Altering/Expanding

There are some truly awesome things you can experience in a lucid dream which will change your view of the world forever. They say that there are certain experiences in life that alter the way you see things from that point on. Here are a few things that lucid dreaming has to offer which you won't want to miss:

### 51: Asking the dream to show you how evolution works

Evolution is a theory of existence, and it's all about how we evolved over thousands of years to what and who we are now, humans with our current thoughts and way of life. Asking the dream to show you evolution in a snapshot is interesting.

What usually happens when I do this one, is that the dream will take me up to a sort of vantage point high up in the sky and I'll be able to see everything happening below me. This means I can see evolution happening and it happens very quickly.

It will look sort of like a sped up time lapse, but it won't feel that fast. Because you're lucid, normal human experiences can be hard to describe in a lucid dream because they're just so much different, and often we don't have words that can describe them.

The best way I can explain this particular thing is that it's like watching a film on fast forward, but in such a way that you understand and can take in all the information. Of course you'd never be able to do this in real life, but in a lucid dream you can and it's very interesting.

### 52: Trying to become more than 5 people at once

Probably one of the most confusing and mind altering things you can try. Try and experience controlling and being more than 5 people at the same time. This one you might need to ask the dream for help with.

Ask something like 'I want to become more than one person at the same time' and see what it does. If you're not ready to experience this one, you won't be able to. When you do experience it however, it will feel sort of like you're watching 5 or more TV screens at the same time, but you're able to understand all of them at the same time and it's not confusing.

In real life of course, it's impossible to truly multi-task and comprehend more than about 2-3 things at the same time but in lucid dreams you're able to experience more than 20 things at the same time, and you can experience being 20 different people at the same time.

# 53: Try a lucid dream potion

Lucid potions are very unpredictable. When you drink a potion in a lucid dream, you'll experience completely random effects. These effects can be good or bad, depending on any number of things like what you've been doing the previous day, your current situation, where you are, your feelings and much more.

There's no way of predicting it really, just drink it and see what happens. Sometimes you'll be transported into another world, other times you'll just wake up, and sometimes you'll feel very giddy and high, and might even hallucinate.

### 54: Take a hallucinogenic pill

If you find a pill in a lucid dream, expect it to make you hallucinate, and see things that aren't there. Although technically none of the dream is really 'there'. This will let you access things that you can't normally see.

This works like this: In lucid dreams, our subconscious minds will create the dream LOOSELY based on what we already know to be true of the waking world.

Of course, there will be strange things, but in lucid dreams particularly, the things around us in the dream are sort of normal and most of the time could be things from real life.

If you take a hallucinogenic pill however, you're likely to experience mind altering visions and could even see things that you've not got a way of explaining or describing with your language.

### 55: Get drunk!

Getting drunk in a lucid dream is great, because you can experience the mind numbing effects and being able to express yourself with no inhibitions, but at the same time you're not putting yourself at risk and there's no hangover.

The best thing to try is to drink straight whiskey, and tell yourself that after a few sips you'll be drunker than you've ever been, but you won't feel sick and you'll be able to control everything you do. It will put you in a state of happiness and you'll feel great!

This is a great one to try during the week if you're working full time, and can't afford to risk calling in sick the next day because you're too hungover. It's not as social as going out for real though!

# 56: Ask the dream to show you something incredible

There are many aspects of lucid dreaming that are simply unexplained and no-one really knows how or why they work. This is one of them. By asking the lucid dream to just 'surprise you' or show you something 'incredible' it starts to show you something that you just could not expect and have no idea about!

It could even be something as simple as a sunrise but the way it feels in a lucid dream is just so profound and different, that even things you've seen a thousand times in real life can feel and seem very life changing and incredible, because the lucid dream makes them feel that way.

### 57: Experience more limbs (or more eyes, etc)

I'd always wanted to see what it's like to have more than two arms, and this is a really fun one to try in a lucid dream. You'll find that when you try this and try having more limbs than you were born with, you'll ALREADY know how to use them!

This seems strange because you've got no experience using more than your current limbs, but your mind sort of fills in the blanks, in the same way that you can pick up an instrument in a lucid dream and you just know how to play it.

You'll know how to move your extra limbs (4 legs, 8 arms, etc..) so go crazy! Play 4 guitars at the same time, runs round at super speed, with a load of extra legs, the choice is yours.

To grow extra limbs just imagine how it would feel, and then visualise the feeling of the limb sort of pushing its way out of you from the inside. Your mind will do the rest.

# 58: Become the rain (or other weather)

Everyone's obsessed with becoming something in a lucid dream like an animal or a flying superhero, but what about the more unusual things like rain?

Lucid dreaming gives you the chance to experience all the completely crazy, random and unusual things that you just would NEVER be able to get close to experiencing in real life, so have a change from just flying or running around having sex.

Becoming the rain itself will let you feel what it's like to be in millions of different places at the same time, and what it feels like to be falling down to the earth at the same time as bing absorbed into the ground.

It's one of those experiences that I have no real way of describing in the English language (or indeed any language) and could only show you if I could link my memories to yours and hit 'play'. Try it out for yourself, and you'll see how hard it is to explain how this one feels.

Other interesting weather to become or experience is lightning, a tornado, a volcano and various temperatures. Have you ever tried BECOMING a cold temperature? You can see how we're starting to get really trippy with this stuff now.

# 59: Talk to time, love or death

Things that are not physical real in waking life can be spoken to as if they were people in a lucid dream. In fact, in many cases when you ask the dream if you can speak to 'time' an elderly man will appear who can give you answers to most of your questions, (but he always speak in riddles in my dreams.. strange).

Try thinking of a concept or something that isn't tangibly real in the world like Time, Love, Death or Joy and ask the dream to take you to it! You'll be surprised how it appears and what sort of things they/it says.

# 60: Create more of you!

Clone yourself! This is a great one to try if you've always wondered what it would be like to meet yourself, from a third party perspective. You'll have a pretty good idea of your own mannerisms and so you'll be able to easily create multiple copies of yourself, and talk to them all!



I've done this once and the weirdest thing happened. I started talking to these clones of myself but each one started to behave slightly differently. At one point, another of my clones started to shout out that this was HIS dream and not mine! I felt like an intruder in his dream.

I actually lost lucidity at one point because the other dream character was taking control (the clone of me). I got very confused and just had to wake myself up, because I had BECOME a dream character in a lucid dream created by a clone of me.



# Scientific Things To Experience

As we've said before, lucid dreams can be used to experience things far greater than just flying or sex, and scientific principles or theories are a great example of this. Your lucid mind can show you things by physically demonstrating them to you and making you BECOME the experience, concept, or idea.

# 61: Asking the dream to show you what an atom is like

Atoms are things that we all have a basic idea about but few of us really know exactly what they are, what they look like and what they do. Ask your lucid mind to let you see what an atom is like and what it feels like to BECOME an atom.

You'll experience a mind altering shift from being a human in human form to begin an atom which can really make you look at the world in a different way. You'll be finding it hard to walk around without thinking about atoms for a week or so!

If you zoom into atoms using a microscope or other scientific device, you can see that even in a tiny tiny bit of dust or a crumb, there's an entire world. It has a unique landscape, and there are craters and dips and mountains. This new world is what you can experience by going subatomic in your dreams.

#### 62: Shout out to the world 'evolve'

Ever wondered what it would be like to see how the world looks in 50 years?

Well by shouting out to the dream to 'EVOLVE' you're telling it to change right before your eyes. This is one of those lucid experiences that 58 of 93

you really don't want to miss, and you really want to make sure you can remember it and write it down the next day.

Watch the world literally change around you, and see how things that are so normal now become obsolete and old. Watch style, fashion and peoples behaviour change. What's your vision of the future world like?

### 63: Ask the dream to show you complex processes

There are many complex things, ideas and processes which lucid dreams can show you without much effort. You just need to ask the dream to 'show me something complicated' and it will show you something incredible like how photosynthesis works in plants, or how the sun moves around the earth.

But it won't just show you a whiteboard with diagrams on it like some boring science lesson, oh no. The lucid dream will physically THROW you into the experience, rushing you round the sun with it to show you how fast it travels, and making you FEEL the energy going in and out of plants from the sun.

# 64: Become a flame and burn things

Flames are an interesting thing to become because they're a chemical process. We only see the yellow glow of the flame, but the actual chemical reaction is invisible, and by becoming a flame you can experience the feeling of energy being transferred between the oxygen, the thing burning and you.

# 65: View the 4th, 5th, and 6th dimensions

We can only see in 3 dimensions as humans, but we've created a theory for how the other dimensions must look or feel like. Search for 'all the

dimensions visualised' on YouTube to get a rough idea, and then lucid dream about it.

This will be the sort of dream that's so incredible that you'll be shouting about it to all your friends, and telling them about how AWESOME lucid dreaming is. If you do that, please refer them to <a href="HowToLucid.com">HowToLucid.com</a> to start learning!

### 66: Travel to other planets and see what they're like

Ever wondered what it would be like to visit other planets? Well now you can, except it's even better, because you can visit planets that don't even exist. You can soar into the sky, into space, and then into the distant starline.

Remember to expect to be able to breath when you leave the atmosphere, because if you don't, you'll be pulled back to earth by gravity and your subconscious belief that you can't breath in space. Fly to other planets and instead of just looking at them and thinking 'Oh, that's interesting', try and become your own scientist.

Do experiments, see what's possible. See how the rules of this new planet work, compared to Earth. Does gravity work the same? What about their social system? How do they eat on this new planet?

# 67: Talk to an AI machine (Robot)

AI stands for Artificial Intelligence, and means the immense power of robots/machines to think creatively on their own. AI is advancing at such a huge rate even NOW that it's incredible to think about what it will be like in just 5 years time, let alone 50.

Find a robot in your next lucid dream and talk to it. Ask it questions that it can answer without being clouded by human emotion, feelings and subjective superstitions. It's answer will be entirely logical! (aside from the fact that it's created by a very emotional human being; you).

You should ask the dream robot about things which man are not usually good at answering. Things that are clouded by emotional judgment and thought patterns.

### 68: Be born again with your current knowledge

Imagine what it would be like to be born into a brand new body, but with everything you currently know as a person. It would be a very interesting experience, because you'd be able to fast forward through all those years as a kid of wasting money on pointless toys that will end up in the bin or at a car boot sale.

Imagine the power you'd have if you could be born in the PAST with all of the knowledge you had today. You could rule the world pretty easily just by inventing technology or predicting things that you knew would take off in a big way. Dreaming is a good way fo experiencing that sort of power.

# 69: Experience massive natural disasters

As I said before, lucid dreaming should not only be used to experience positive things. I'd always wanted to know what it would be like to be caught up in a monsoon or an earthquake.

Find a dangerous natural disaster in your next dream that you've always been curious to experience or see. It can't harm you, but the pain of getting thrown about by a flood or hit by lightning will still be there. It just won't hurt you in the real world.

I've always thought that lucid dreaming should be used to experience things that you normally can't or shouldn't in real life. In that way it opens your mind to new things, and keeps you curious about the world, but at the same time, relatively safe because nothing can harm you in a dream.



# Incredible Unique Experiences

There are lots of things you can do in dreams that you just would NEVER get the chance to try in real life. Things that are either too strange impossible, taboo or just plain hard to experience safely. Here they are:

### 70: Become a strange animal that you don't know much about

Those who venture further out in the world of lucid dreaming will try becoming animals, and seeing what it's like to BE an animal and go about their daily life. A step further would be to become an animal that you know almost nothing about.

It's far more interesting, because you get to experience the powerful creative powers of your mind. Because you don't know much about the animal, you get to see what interesting features or ideas your mind can 'guess' about the animal.

Pick an animal like a Dinosaur, or a strange cave insect. Try becoming a sea snake or an immortal jellyfish living right at the bottom of the ocean (They exist, you can look it up!). You'll find that your mind is able to guess with amazing creativity how an animal would FEEL and go about it's daily life.

# 71: Find a spaceship and tell the crew to take you to 'BURGON'

Another one that showcases the power of your mind to create something out of nothing. Find a spaceship crew and ask them to take you to a random planet name. Just make up the name and tell them to take you there, speaking as if it existed and everyone knew where it was.

They'll take you somewhere random, but because it's random you'll get to see your beautiful mind creating a new planet or city. Really quite impressive. I've been in so many lucid dreams where I've just sat back and thought 'Wow, my mind is really spectacular, to be able to create such complex detail on the fly like this'.

To find a spaceship crew, try and go to places where they would naturally be like near an airport, or wherever would make sense for them to be. You can also use dream portals by finding a door and expecting to arrive at the spaceship on the other side of the door.

# 72: Embody a digital application

Don't always try and become real things like people or animals! You can also become a software process. Let me explain: Your mind as we've covered in the science section, is capable of demonstrating concepts or processes to you in ways that you can't see or visualise easily in real life.

It can SHOW you what a software process does by making you into the software. A dream can make you understand how a complicated digital process works by making you into the process. It's hard to describe how or why it works, so I'll let your mind show you this one!

Just shout out to the dream; 'I want to see how Facebook works' or 'Show me how the banking system functions'. Sounds boring but the actual experience you'll get from that is second to none.

# 73: Step into the shoes of MASTERS

Ever wondered what it would be like to be a master violin player? What about a dancer? Singer? In lucid dreams you're able to become anyone you choose to be, with any skills you want. You can quite literally do anything you want.

I've had dreams where I've been the president, sitting around with all the worlds important people and discussing the politics and systems of the world. Other dreams have had me sprint to the finish line at the Olympics.

You don't need much prepare for this one, other than expectation. Maybe watch some movies the day before about whatever it is you're trying to simulate. For example, if you're trying to see what it's like to be a famous singer, watch loads of music videos and live performances of that singer, and then keep telling yourself 'I will become this singer tonight in my dreams'.

Or you could just use expectation while you're already in the dream, and just expect to be able to perform well at any given skill. This works with almost anything, for example instruments. You could pick up any instrument in a dream and just be able to play it, despite not knowing anything about it.

We've all experienced many hours of videos of people playing instruments over the years, through films, TV etc... And your mind picks up on all of that. It knows that the higher up the piano keyboard you go, the higher the notes. It knows that the taste your move your wrist when playing a guitar, the taste the notes are produced. Try it!

# 74: Go on a tiny adventure

Not all adventures have to be massive and lived through your own body. Try becoming a tiny version of yourself and running around your house! See how different everything is when you're tiny, and see how it feels to be the tiny ant that you so unknowingly step over (or on) every day.

Your bookshelf could become a mountain-scape, and your carpet, a jungle. Take the adventure that lays before you, and explore the places you know in tiny form!

#### 75: Act out a book or film storyline

I had always wanted to know what it feels like to be Magneto from X-Men. I've had so many lucid dreams where I've been able to move objects with my mind just like Magneto from the film and it feels incredible. You really get a sense of the power and how they feel as characters.

The best way to dream about this sort of thing is to prime your mind by watching lots of hours of the films you want to simulate. Also throughout the day, you can do 'superhero practice' (This is a method taken from my other book, <u>Lucid Superpowers</u>).

At given intervals during the day, stop for a few seconds, look around and then day dream or imagine what it would be like if you were in your chosen film or storyline right NOW. What would you do? What would you see around you? This all helps you to prime your mind and get ready to experience the thing later on.

# 76: Create your own life story and live it

Get creative! The night before you got to sleep, come up with an interesting story for a different life. What would you like to do? For example you could experience yourself going to university, becoming a master engineer and then working on a spaceship. Or, you could imagine yourself becoming a pilot.

Whatever it is, you're able to simulate various life stories in lucid dreams without having to spend years studying and practicing for that lifestyle.

It's a GREAT way of testing out various things and paths in life without going down them for real and it can help you get a better idea of what you want to do with your life.

#### 78: Create a life form

Sometimes in lucid dreams, I'll create a new life form for myself and see what it does. Just hold out your hand, point at the ground in front of you and say 'let there be life' and it will manifest. You can create small or large creatures and life forms and they'll all behave slightly differently.



Some of them might run away, others might talk to you, and others might try and fight you. There's no way of knowing what the new life form will do until you create it!

### 79: Be god and create a city

Fly up into the sky and look down on the world. Now use your hand to sweep across entire forests and change the colour, or change it to an ocean. Destroy a whole city and then build it again with your fingers, as if it were tiny bits of lego on a sprawling carpet.

You can become as powerful as you like in a lucid dream, and it all comes back to your expectation again. I know I keep mentioning this but it's really important and I want to make sure it becomes part of your belief about lucid dreaming.

#### 80: Plan the worlds future and create it

Sometimes, I wonder what the world would be like if there were no animals. You can simulate this sort of thing in a lucid dream as if it were a giant game. A giant game of life that you can reset every morning and every night.

If there's a version of the world you've always been curious about, you can see what it's like here! You can do this with no fears of it being dangerous or strange.



# **Unusual Things To Try**

Here are some things that I've come up with which aren't normal, or at least they're not commonly practised by people in lucid dreams. Hopefully these are new to you and might make you think about lucid dreaming in a slightly different way.

### 81: Become a strange physical object

You can actually become stationary objects in dreams. This might sound boring but you'll get a different experience of the world, one that doesn't make sense for a living person to have, but for a stationary object, it's their reality.

You don't have to try these suggestions by the way, they're only here as interesting ideas for you to try and hopefully will broaden your mind to what's possible with lucid dreams.

So becoming a physical object will let you see the world pass by in a sort of time lapse fashion, but you're not aware time passing because you're an object. You just sort of 'are'. For the most interesting results, try becoming an object that gets a lot of action (sees a lot of things) like a massive tree in a built up area, or a chair in a train.

# 82: Experience time in a non-linear way

Time for most of us humans and mortals is experienced in a linear fashion. We can never go BACK in time or forward, (at least, no faster than we live and breath). We can only experience time in a linear fashion, like an arrow being loosed through the air, or the sands falling through an hourglass.

In lucid dreams however, you can experience time in a NON-LINEAR way, meaning you can see ALL of the paths you could take, and where they would lead. You could see into the future, the past and everywhere in between.

People have theorised that the experience of being able to comprehend life and time in such a way would be so massively overwhelming that our minds would simply shut down and we'd die. Imagine it like this, right now we're seeing time in a line. We know that we were born, and then we've experienced a long string of moments where it's been 'now'.

We can't see into the future but we can sort of guess at what might happen. We might be able to say 'I'll go to work and that might be a bit boring and then I'll come home'.

But in reality, the CHOICES we have are massive. At any minute or second during the work day we could decide to walk out, run down the road, get on a flight, start a fight, smash a window, meet the love of our lives on the streets etc.

All of THOSE moments would then birth an entirely new future and an entirely new string of choices. But we only see one line, one path. If we were able to see all of them at once it would be too overwhelming for our waking minds to understand or even picture but in a dream you can.

I've done this, and the experience is something like seeing a tree with many, many branches. Except there aren't just a few branches, it's more like a super detailed fractal but each branch is an entirely new LIFE that you can see in your minds eye from start to finish.

I LOVE this one and I could write about it for hours but we must go on, so try this one PLEASE and write it down afterwards!

#### 83: See what the 4 walls have seen

Become the 4 walls of your house and go back in time to see what they've seen one the years. Maybe someone has died in your house? See all the beautiful memories, conversations and things that have happened in the 4 walls of your own house (or any other house).

You can do this for any building really, but I like to focus on big important buildings that have gone through lots of changes and been around a long time. Places like The Great Pyramids or other landmarks that have seen a lot.

#### 84: Talk to a specific tree (somewhere you know)

Most of us know of a specific tree somewhere near where you grew up. For me, it's a huge conker tree just at the end of my road, and I imagine if I could see everything the tree has seen over it's life, it would be a pretty cool experience. Try doing this with a tree near where you grew up.

An interesting twist would be to see YOURSELF grow up and watch how you changed over the years, from the point of view of your parents, a tree, or your bedroom. You can also TALK to the tree and ask it how you've changed and what it thinks about you. Great thing to try.

#### 85: Becoming the opposite sex

Ever wondered what it would be like to become the opposite sex/ gender? Well, now you can without the expensive and difficult surgery, and you could do it every night if you wanted. This is an interesting way of seeing how you truly feel about the other gender/sex and you're able to see your subconscious beliefs about what life is like on the other side!

#### 86: Experiencing life as a new born

Seeing what life would be like as a new born is interesting. Become born again in your next lucid dream and see the world through the eyes of a baby, but with your current knowledge and thoughts. You'll quickly get annoyed with the 'baby voice' that people around you will do!

You'll also get to hear some very interesting and private conversations that most parents and families have around babies, thinking they can't hear them!

#### 87: Crying or laughing uncontrollably

Most of us in the world today are holding back some sort of emotions, whether you know about it or not. Lots of us us hold tension and emotion in the very muscular systems that support our bodies, and we're not even aware of it.

There's a practice known as 'bio-energetics' in which you release all this built up stress, tension and anger sometimes by just letting it all go. Shouting, screaming, crying and laughing uncontrollably, with no fear of being judged.

In waking life, this process will get you some strange looks if you do it in a build up area, because you'll find that when you give way to this process, you'll scream at the top of your lungs and release a lot of hidden emotions. For those who don't want to try this in real life, you can use the lucid dreaming world to release all these emotions and hidden feelings etc...

I promise you that you'll feel really, really good for days after (whether you do it in real life or in a dream). If you're interested in doing it in real life, a good place to start is in a car, because no-one will be able to hear you if you're not near people.

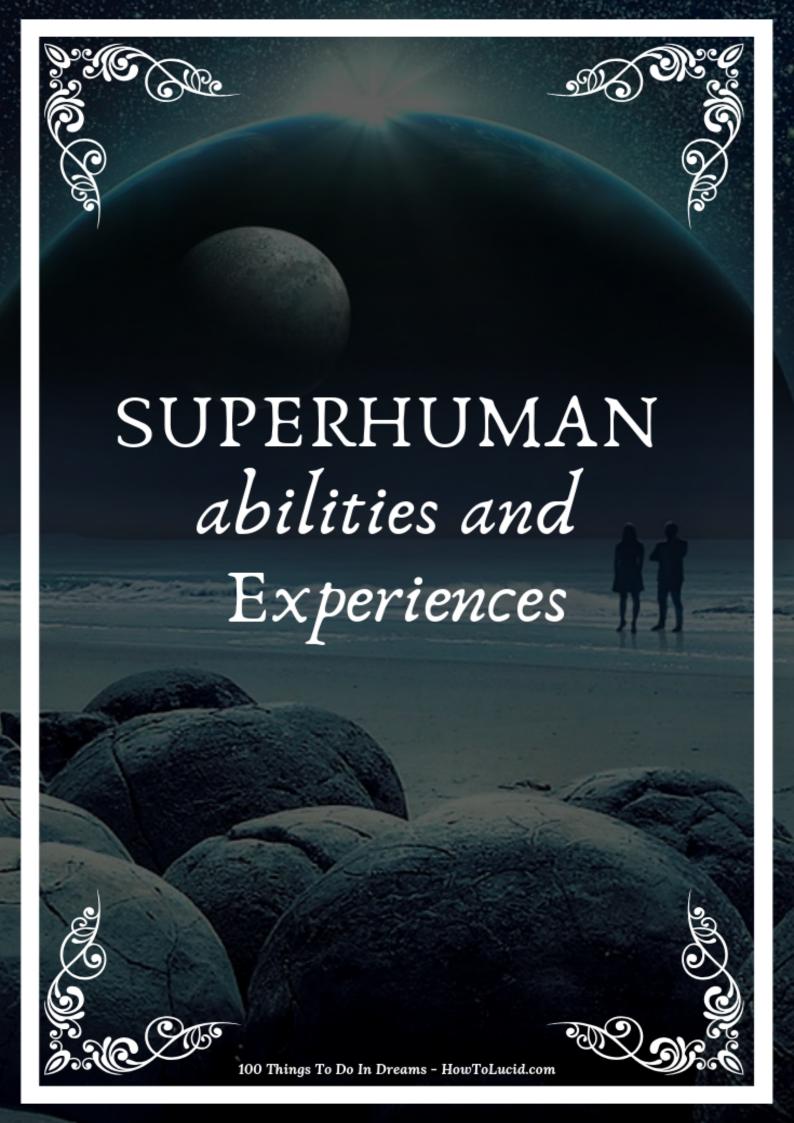
#### 88: Go to a social event with insects

The animal and insect worlds are left mostly undisturbed all the time! They probably have social gatherings too! Now before the men in white coats come to take me away to the happy farm, I mean in dreams. In dreams, you can interact with concepts, animals, insects and anything else.

Find a gathering of wasps, and sit in on their tea party! It will be very much like Alice in Wonderland and you'll find yourself fascinated by their stories, jokes and mannerisms.

#### 89: Enter a painting

Paintings and drawings are entire worlds waiting to be entered in lucid dreams. You can just walk into them much like you'd walk into a door. For those of you who've seen or read Narnia stories, (the voyage of the dawntreader)it's like when they enter the painting of the boat and are transported to the scene, with the water flooding into the room and instantly pulling them into the scene.



# Superhuman Abilities And Powers

#### 90: Become superman and start a fight

If you've seen Superman then you'll know how awesome it must look to be invincible and able to fly at supersonic speeds. Next lucid dream, make yourself into the superhero and fly around, fighting anyone who wants to stop you!

Pick any character you want from a video game or a film and just BECOME them. You can do this by simply imaging that you'll become them once you're already lucid. Or you can find a portal or other doorway, and tell yourself 'when I step through this door, I'll become spiderman'.

#### 91: Lift a skyscraper with one hand

Another superhuman ability. Lifting really heavy things with just one hand is a common use of lucidity. To practice this, in waking life you're going to practice the superpower by PHYSICALLY putting your hand on heavy objects, and imagining what it would feel like if you were able to lift them easily.

Practice just placing your hand on a car (during the day) and thinking 'I can lift this easily if I just try). This primes your subconscious mind and beliefs to be able to do the same in lucid dreams. Tell yourself that the heavy objects are actually weightless, and you'll be able to lift them!

#### 92: Build a city with your mind

Just like when you were a kid an you played with Lego to build small cities (or not, I don't know) you can build a city with your mind in a dream. Rise above the space by flying up, and then stretch out your

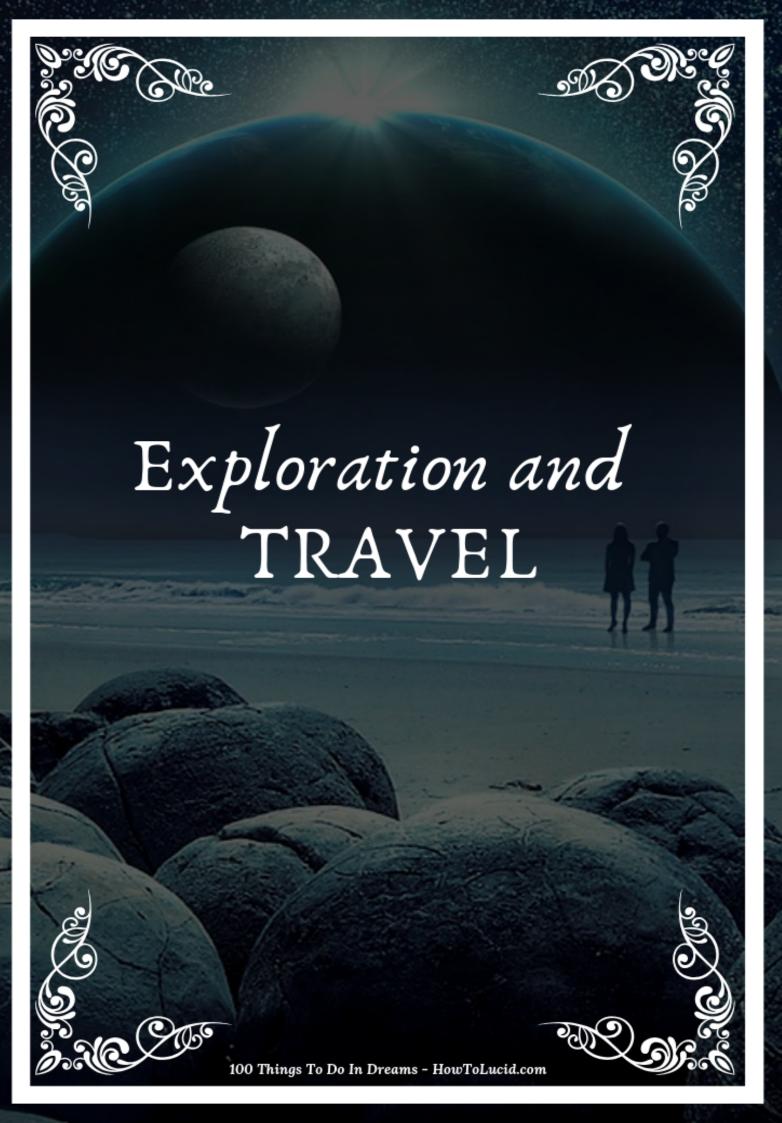
hand. Imagine the city is building itself but you're in control of what gets built.

You can build entire cities in seconds, and you can fast forward time to see how the people in them change and behave over time. See what other buildings they build and what happens to their lives!

#### 93: Grow a forest with your hands

You can create life in exactly the same way you'd destroy it in lucid dreams. One of the most fun things to do is to grow things like trees or forests with your mind powers. Look at the ground in front of you and imagine the energy and life force coming for the ground, through your body, through your hand and into the place you're looking at.

Imagine the life force building a life form like a tree, and then speed it up. You can grow an entire forest in seconds, and you can even move your hand the other way to reverse the process and see the tree grow back into the ground.



# **Exploration And Travel**

#### 94: Visit the year 19,013,894

Most of us have ideas about what the future will be like based films and stories, but how accurate are they? The truth is the future probably looks NOTHING like we're imagining it, and might be completed different to anything we know today.

Ask the dream to show you 2,308,420,325 years into the future and you'll be amazed at what you come up with. I've done this several times and it's different each time.

One time there was just nothing, just blackness (I guess in that reality, we wiped ourselves out with bombs?). Other times, it's been a beautiful array of lights and energy, much like a firework display. I guess this is a reality where we've managed to turn ourselves into pure energy and don't need human bodies any more. See what your mind comes up with!

# 95: Ask the dream to take you to the start of life

What was the world like at the very start of life? Was it a big bang, or did we evolve? Was there a creator? All great questions which we just never really know for sure. We can theorise, and some theories can seem more likely than others but we just don't know for 100%. In your next lucid dream ask your mind to take you to the start of life.

What it will show you is a mixture of your deep rooted beliefs about the world (if you're religious for example, you'll meet god, if you're scientific, you'll experience the big bang) and a random creation.

#### 96: Swim to the ocean floor, THEN dig into the ground

One of the most fun aspects of lucidity is that physics and the normal 'laws' of the world don't apply at all (unless you want them to, or expect them to). You can swim right down to the bottom of the ocean in just a few seconds and then keep going and dig into the bottom of the ocean!

What will you find? I'm going to leave this one as a mystery for you. Try it, but as you're digging, tell yourself 'I'm nearly there' and see where it takes you. You're welcome.

#### 97: Dig into the ground as far as you can

This sounds similar to the last one, but I assure you the result will be very different. Dig into the ground outside your house for example, and keep going until you get there. I won't say where 'there' is but you'll very quickly realise it when you see it.

#### 98: Visit the Egyptian times

A really cool thing to try is to watch a load of documentaries about the Egyptians and then have a dream about them. Talk to them, and even better, see how the hell the Great Pyramid was built!

Seriously, some of the stones on the Great Pyramid were so heavy that there's just no way they would have been able to lift them with the technology (we think) they had back then! A common theory about this is that aliens helped them and this is the reason many of their skeletons had very elongated skulls to accommodate a bigger and more powerful brain. (I'm not crazy, look this stuff up!).

#### 99: Visualise energy flowing through the world

Every day as we walk around the world, we walk past loads of energy being transferred through various things that we just can't see or even realise is there. Things like the energy and water flowing through the branches of tress all around us, or the massive amounts of electricity flowing powerfully through the floor we walk on.



In your next lucid dream, visualise the energy flowing around you and see the beautiful light displays in the things we take for granted like trees, buildings and phone lines.

#### 100: Re-visit historical events from a book

Visit some places and times from history, and see what they were like! There are many great battles, speeches, and moments in history which you'll find very interesting to watch!



# **Bonus List!**

100 just wasn't enough for me, and when I was writing this, I decided to add a few more here. There are of course limitless numbers of things you could do in a lucid dream. I didn't want to include random things though, only interesting, unique or useful experiences that are actually worth trying. Here are some more good ones:

#### 101: Live (or watch) ancient animal battles

Think about all the awesome battles that probably have taken place over time between packs of animals. Go back to the prehistoric era and witness a large war between a pack of sabre toothed tigers and wooly mammoths on a sprawling savannah plain. See the giant dragon intervening and helping the tigers out. Witness it all!

#### 102: Visit alternate universes (Parallels)

It's commonly believed that at any moment in time, there is ANOTHER universe in which a very similar world is going on at the same time. A mirror version of what we're experiencing now, but with subtle differences. Maybe all the people have the same colour hair, or they're all called the same name.

Maybe in the alternate universe you're taller, shorter or something else. visit an alternate universe by finding a 'portal port' in your next lucid dream. This is easy too find, just ask a dream character to take you to the nearest portal port and you'll be there in no time!

# 103: Enter a black hole

A black hole is a scientific thing that we're yet to actually experience for real as humans. We can theorise about what it looks like, and contrary to popular belief, a black hold would probably appear as a see-through sphere, with a direct view point to the place is was linking to.

Such an experience would probably be too much for us to understand or comprehend as humans but in lucid dreams we can get a rough idea about what it's like without blowing our minds too much! Fly to space and look for a black hole!

#### 104: Experience more limbs

I've always wondered what it would be like to have 4 arms or a tail. You can now! Imagine yourself growing a new limb by just picturing what it would feel like to have the limb grow out from inside you. Feel the energy push from inside you outside as the limb or body part grows out of you.

You'll find that strangely, you already now how to use the limb and how to move it, as if you've always had it. Your mind and body-mind connection is a very intelligent part of you. It's able to instantly learn how to use a new limb by just copying how you use your existing limbs!

#### 105: Become invisible and spy on people!

Ever wanted to just turn invisible so that no-one can see you or tell you what to do? View the secret life of people and dream characters by just becoming invisible. It will feel vivid and real, and you'll be able to instantly walk through walls as well.

Spy on your friends, neighbours, or just walk right into the presidents room and listen in on his conversations! You can do anything when you're invisible, and no-one can catch you. Just be careful that you keep

your mind lucid, because being invisible can quickly fade, and if you THINK people can see you, they will be able to!

#### 106: Get trapped, and then try and escape

In waking life, a very common hobby now is to go to certain places that have what's called 'escape rooms'. These are cleverly designed physical puzzles and traps which you have to try and escape once you've been locked in! They're a great way to have a bit of fun and improve your problem solving skills.

You can practice this in a lucid dream also! Tell a dream character to lock you up, or do something bad and get yourself arrested by the lucid police. Now you've got to try and escape! What will you use? A lockpick? How will you find your way out?

#### 107: Tell a dream character they're in a dream

I'll warn you now, this one is volatile and unpredictable. Next time you're lucid, find a dream character and take them aside or sit down with them. Explain to them that they're lucid dreaming and this is your dream.

If you need to, demonstrate things like flying or moving objects with your mind. Demonstrate that you can't get hurt and you can breath underwater. Prove to the dream character that you're dreaming and none of this is real.

What they'll do is really strange. Sometimes they'll act as if it's not news and it doesn't matter, but other times they'll freak out and start running around going crazy, as if they're separate people.

Other times they'll pul you into a room and tell you things like 'Don't you dare say that again, they'll hear you! You're not meant to be here (in the lucid dream)'. Strange.

#### 108: Dissolve the dream state (Transcend)

One of the most interesting things I've done in a lucid dream is actually dissolve the entire dream scene itself. This might sounds strange, and you might be thinking 'Why would you want to do that?'. Well let me explain.

I've mentioned before about the effects of meditation in waking life. It takes your brain into a deeper and higher level of consciousness. It changes your brain state from Beta to Theta or Beta. If you meditate in a lucid dream you're taken into deeper states like Beta very quickly.

Combine that with being completely lucid but still fast asleep and you get an incredible life changing brain state which can only be described like this:

Imagine the last time you cried, or had an orgasm. Now imagine the best day of your life, and the worst day. Imagine the heart pumping feeling you get when you do something right and then imagine the last time you felt like you were going to burst into tears.

Now imagine all of those feelings, along with any other feelings you've ever had but combined by 1000 times. Now imagine it sustained for a period of about 3 minutes. That's what this felt like.

It was truly overwhelming and powerful, and when I woke up I laid there speechless and motionless for an hour.

# Final Notes

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# Final Notes And Tips

# **Expert Tips For REMEMBERING These Dreams**

It's very important to know that these experiences are only worth having if you can remember them. If you can't remember them, then there's no real difference between having them and not having them. It's important to work on your dream recall and being able to remember complex dream storylines.

Here are a few tips of improving your dream recall and remembering more vivid scenes from your dreams. If you'd like to learn more about remembering your dreams, you can check my website or read my other book: <a href="https://howtolucid.com/remember-your-dreams-ebook">https://howtolucid.com/remember-your-dreams-ebook</a>

- **Vitamin B6:** Vitamin B6 can be used every day (one small supplement) to have very vivid dreams, and be able to remember them better. You can get it very cheaply, and it just naturally makes your dream memory that much better
- **Get a good nights sleep:** Getting enough high quality sleep will make it so much easier to remember your dreams, because your mind and body will be working properly. Sleep deprivation is no joke, and your dream memory and several other cognitive functions will all suffer.
- Turn off screens an hour before bed: Screens and other artificial sources of light like phone screens can keep you up and stop you from being able to remember your dreams. Turn them off or lower the brightness at least an hour before bed to have a better nights sleep
- Use a dream recall anchor: Find an object in your room that you see every morning and tell yourself over and over again; 'When I see this object, I will remember my dreams'. The more times you tell that to yourself and actually try and remember your dreams shortly after, the easier it will become.

• **Write them down!** Of course, one of the most important parts of remembering your dreams is just writing them down. By writing them down you massively increase the chances of being able to remember more in the future.

# When To NOT Get Lucid!

# I can't believe I'm actually saying this, but sometimes it's actually better to not be lucid during a dream.

This is because sometimes, if you're really skilled at lucid dreaming you'll find that you sometimes get in the way of the spontaneity of the dream and stop super random things happening. I like to keep myself lucid to the point where I can control what I'm doing, but then not get any further than that.

That way, I'm in control of what I'm doing and I know it's a dream but random and interesting things can still happen all the time. Practice having (and remembering) not just lucid dreams but normal dreams as well. This will keep you on your toes, so to speak and will let you experience all types of dreams, lucid and normal.

Don't forget, dreams are incredible experienced whether you're lucid or not, and it's not ALL about being lucid and in control.

# Using Music To Get Inspired

A great way of getting inspired for lucid dreams, is to listen to certain types of music while you incubate a dream.

A powerful technique for dreaming about what you WANT to dream about (and for inducing dreams containing some of the ideas mentioned in this book) is to sort of 'daydream' about them during the day.

While you're day dreaming, it can help to listen to music like piano music with rainfall noises in the background, or relaxing chill step with philosophical speeches in the background. This can help you get in the mood for lucid dreams and bring those sounds into the lucid dream.

I've had lucid dreams in the past that I've intended to have by imagining them the day before. The exact music (some chill step mix on YouTube) that I was listening to as I was imagining the dream literally came through into my lucid dream that night, and CAUSED me to become lucid, so this can be a powerful tip!

# **NEXT STEPS:** How To Lucid Dream Most Nights

For most people lucid dreaming is difficult, and it's hard to have reliable regular lucid dreams.

#### Don't fear:

In over a DECADE of teaching people how to lucid dream, I've come up with many templates, techniques, ideas and methods for getting lucid.

# More importantly:

I've been able to boil what I know down into a really concise plan and program. This program can be accessed by anyone online, and it's the most EFFECTIVE, fast way of learning how to lucid dream.

If you've read this far, you WANT to lucid dream.

Of course you do, it's EPIC!

But you're probably not sure how. Or how to have REGULAR and RELIABLE lucid dreams.

#### TAKE THE NEXT STEP.

Or go here:

# https://howtolucid.com/NextStep

Click the link above, and you'll be taken to the next step.

This is the best way to learn how to lucid dream, and if you like what you've read here, this is just the tip of the iceberg.

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