

# LUCID ADVENTURE BLUEPRINT

Ultimate guide to creating  
your perfect dream scenes



HOWTO**LUCID**.COM

# Foreword

Lucid dreaming as I'm sure you know, is incredible. It allows you to step inside your own mind, get inside what makes you tick, and experience the impossible.

You're suddenly able to do anything you want, and it will all feel very real.

But what next?

What about when you're already a lucid dreamer, and you **KNOW** how to lucid dream? What about once you've already learned the induction techniques and how to induce lucid dreams easily?

## **What if you want MORE?**

What does someone who's already had many lucid dreams do, when they want to go deeper into the dream?

Well, that's where this guide comes in. In the Lucid Adventure Blueprint, we're going to go deep into lucid dreams, and very advanced lucid dreaming techniques and tactics you can use to dominate the dream and unlock the impossible.

You'll learn all sorts of tricks and mind hacks in this book, but before we get into that, let's just take a step back and remind ourselves what lucid dreaming is and why we do it..

***“I imagine that right now, you're feeling a bit like Alice. Hmm? Tumbling down the rabbit hole?...”***

***Let me tell you why you're here. You're here because you know something. What you know you can't explain, but you feel it. You've felt it your entire life, that there's something wrong with the world.***

***You don't know what it is, but it's there, like a splinter in your mind, driving you mad. It is this feeling that has brought you to me. Do you know what I'm talking about?”***

***Morpheus - The Matrix***



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# *My story* *(exploring lucid dreams)*

**The way I got started with  
lucid dreaming is probably  
unusual. But anyone can  
learn, and this is my story!**

# My Story (Exploring Lucid Dreams)

I've been teaching the world to control their dreams for a good few years now and it's really been a pleasure.

I've learned a lot, and I've taught a lot. I've pushed the boundaries of lucid dreaming in many ways, and discovered what works and what doesn't.

In no way do I know everything about lucidity, because no one ever can. There is ALWAYS more to learn with lucid dreaming and no one can ever 'master it'. Just in the same way that you can't master art.

**You can get good at it, and you can learn the basics, the advanced stuff and how to create beautiful creations but you can't 'master it'.**

It's always a journey, and you'll always be discovering parts of it you never knew existed. BUT that being said, I've spent a lot of time (several years now) learning about all the techniques, methods and ways you can make this lucid dreaming experience deeper, better, and more profound.

## Why You Should Lucid Dream

There are MANY reasons you'll want to learn how to lucid dream, and I'm not actually going to go into depth here because the chances are you already know it's amazing. You already know about the

benefits, but just in case you don't, here are the main benefits of lucid dreaming:

- **Control your dreams** and decide what to dream about so that you can feel like a superhero. You'll feel power surging through your veins and you'll want to DO more with your dreams and life!
- **Stop having nightmares** so you get restful, peaceful sleep every night and wake up feeling refreshed as if you've just spent a week in a luxury spa!
- **Practice real life skills** in the dream such as martial arts so you can get ahead and beat your competition, or practice new skills and improve at them
- **Compose beautiful music**, eat lovely dream food or explore alien worlds so you wake up with incredible memories that feel very real. and you can indulge in things without guilt
- **Meet with long lost family members or friends** so you can share that one extra special moment with them
- **Literally do anything you can imagine** so you can wake up with beautiful confidence creating memories

There are of course loads of other benefits as well. But you probably know all of that, or you wouldn't be reading this guide.. so the question now, is how to you lucid dream BETTER?



# Set Yourself Up For Success

Before we get into the main ‘meat’ of this ebook, we need to talk about how to set yourself up for lucid dreaming success. What I mean by that is you need to get ready to have lucid dreams.

**To start with, just make sure you’ve got a working dream journal next to your bed, and you’re writing your dreams down.**

*It’s easy to forget this, and when you know how to lucid dream, to just not write any dreams down but this is wrong.*

Even if you naturally remember a lot of your dreams, you should keep a dream journal to see where you went wrong. You can write things like what supplements you used, how they worked, how you felt the morning after etc.





Also, things like experiments and lucid dreaming goals need to be written in the journal, otherwise you'll never be able to look back and see what you did, where you're going right and what you're doing wrong. Make sense?

**So before we go any further, make sure you are keeping a dream journal, and that it's next to your bed so you can easily access it.**

## **Basic Diet For Better Dreams**

- I'll keep this brief as it's just the fundamentals, but in order to optimise your brain for lucid dreams you'll probably **want to be taking a multivitamin every morning, as well as an Omega 3-6-9 capsule.**
- This gives your brain everything it needs to properly function and repair itself etc. **Another thing you could look at is becoming Vegan or mainly plant based** (not essential, but I've found it helps in a huge way with mental and physical health).
- **Wake up early: About 5-6AM seems to be the best time** to wake up in the morning which still gives you enough sleep if you get to bed on time, but also lets you enjoy most of the day and I find my brain works best waking up at this time. Of course, experiment for yourself and see what your body responds well to!
- **Drink lots of water: Every day you should drink at least 7-8 glasses of filtered fresh water**, as this is just basics for any health plan! Your brain and body will feel better, trust me.

# **The GOLDEN Rule For Lucid Dream Control**

**This is probably one of the most important things you can learn about lucid dreams. In a phrase, what you EXPECT to happen, will happen.**

Now, you might have already heard that but it's always worth having a reminder. What I mean by that is that whatever you think or believe will happen, normally will because your subconscious mind wants to be right.

*In lucid dreams the main dream world (the physics, and the mechanism of how everything works) is controlled by your subconscious mind. You're only a little bit of a much bigger picture, when you're lucid.*

This means it's like you're walking around a brand new world that you have no clue about, even though it's actually YOUR mind that's creating and controlling it all. It's a weird concept, I know but stick with me here.

The blueprint that your subconscious mind creates and controls the lucid dream from is.. Drumroll please..

**Your subconscious beliefs and expectations about the world around you.**

This means that whatever you TRULY believe deep down about the world, will normally happen in a lucid dream. Now, of course there are exceptions because dreams are very strange and don't always follow the 'rules' but in general, your beliefs control the dream.

For example, if you've been living on earth for more than 5 years or so (even after one year really) you know for a FACT that if you throw something up in the air, it comes down. (Gravity).

You know this because you've seen it all the time and your whole life, nothing different has ever happened, so that belief has sunk into your subconscious so that even in a dream, you expect things to fall when you throw them up.

This is why most beginners struggle to fly in lucid dreams, and why your lucid dreams seem like they're sometimes controlling you instead the other way round.

Understand this concept and your lucid dreams will never be the same, because you're opened up the key of control. If you TRULY convince yourself that you're the one in control, and that whatever you want to happen, you EXPECT to happen, you'll do incredible things.

### **Try it next time you're lucid.**

Become lucid and then look around you and find a car for example. Now, except that when you snap your fingers, the car will shoot up into the air, without you even touching it.

Then snap your fingers. 9 times out of 10, if you really believed it, the car will shoot up and you'll probably start feeling all excited and running around the dream shouting etc (and then probably wake yourself up) but that's ok!

So before we move on, just bear that in mind. Think about the golden rule before trying to lucid dream, and how your expectation

will make the dream become real. It will help you when you get stuck. There have been lots of dreams where I've been lucid, but been sort of stuck and lost control..

But just remembering that golden rule helped me get back into lucidity and back in control. I thought 'Wait a minute, what do I EXPECT to happen now?' and then it does happen. It's almost like magic and it's a great control technique for deciding what the dream does.





# ADVANCED *Lucid Dreaming* *Adventures and Experiences*

Let's open your mind and  
expand what you thought  
was possible in dreams..

# Advanced Lucid Dreaming Experiences

Here we're going to talk about things you can do to make the lucid dreaming experience more intense and exciting. This is stuff that you probably haven't tried yet, but if there is something here you've already tried, just skip that part.

*You shouldn't really be reading this part if you can't already lucid dream, so if this was included with other ebooks about lucid dreaming or if you've bought this on it's own, learn how to lucid dream before reading this next section.*

*From now on we'll assume that you can become lucid, and these techniques or ideas are intended to be tried when you're lucid already.*

## Manifesting Dream Characters

Dream characters are those people or other things (they might be aliens!) within a dream that essentially add to the dreaming experience. They're actually also part of your subconscious mind.

They can be very useful and you can learn a lot about yourself by interacting with dream characters. Remember, because they're part of YOU, they can represent different parts of your brain and psyche.

**You could, for example talk to the part of your brain that represents a fear you have, and ask it WHY you have that fear etc..**

As the person creating your lucid dream, your dream characters can be made solely to your own liking. You can choose to interact with your dream characters, or not. Now sometimes, they will seem to act or be created without your intention. Most of the time actually your dream characters are created automatically by your subconscious mind, so you don't really have any input. But you can learn to control it!

**Your dream characters will often act seemingly completely independent of you, the dreamer.**

As you walk through a lucid dream, it seems like they're separate people, and have their own free will. They can decide what to do and it's like you're interacting with actual real people.

In many ways, dream characters add more depth to your dream because they allow you a more interactive lucid dreaming experience.

In some ways, dream characters can be likened to video game characters. In video games, you as the player get to choose the appearance of YOUR specific avatar that will allow you to navigate through the video game. Likewise, there are numbers of other characters within the video game that will be interacting with your previously selected video game character.

This analogy using video game characters is similar to dream characters. Just like the video game character that interacts with other characters within the game, you as the lucid dreamer also have the opportunity to interact with various dream characters as well.

So, why would you want to create dream characters? Well, dream characters serve a variety of purposes. They can be very useful!

You as the lucid dreamer can create the characters that are most applicable to the context of your lucid dream. Some others feel that dream characters are a representation of our psyches and deep personal beliefs and memories. Because of this, dream characters have a way of revealing a lot about the subconscious ‘wants and desires’ of the lucid dreamer.

**Try it next time you’re lucid, find a dream character (we’ll talk about how to create them in a second) and then ask them what they represent!**

*It’s a way of ‘hacking’ their mind. Just by asking them questions like that, you get inside your own head even more, and the answers you’ll hear can be really surprising. The best way of doing this is just to become lucid using whatever technique you like, find a dream character and then ask them ‘what are you?’.*

## **How To CREATE Dream Characters Easily**

Here are some ways that you can have better success at creating dream characters:

*It is important to note that before you even begin creating dream characters, it’s important to have a firm grasp of lucid dreaming. You should be able to regularly take control of your dreams before you even begin the process of trying to create dream characters within a dream environment.*

### **1: Shapeshifting**



Shape-shifting is a very interesting way to create the dream characters that you desire. Essentially you'll be using any object within your dream state. Shape-shifting simply involves WILLING that particular inanimate object into the dream character that you desire.

This may take some practice, but once you've achieved shapeshifting an object into a dream character you may find that this method is one of the coolest ways to create dream characters in a lucid dreaming environment. Start by just looking at a random object like a car, and then tell yourself 'when I click my fingers, the car will turn into a dream character'.

Trust me, if you believe it strongly enough it will happen, and actually you don't even need much belief to get it to happen. Usually I can make this happen just by imagining the change or visualising the car changing into the dream character. You might need to practice this one a bit and it might not work first time.

I find the more strongly you can visualise the change, the faster it happens. It's also useful to stabilise the lucid dream before trying this, because the shape shifting can tend to shake the fabric of the dream a bit!

## **2: Using Dream Doors**

Imagine opening a door in your lucid dream and reaching inside the dark depths of the door and actually pulling out the dream character that you desire. Seems somewhat far-fetched, huh? Well, actually it's not.

Dream doors or portals are a great way door to create a dream character, you really have to have the expectation that your dream character is behind that door. It's all based on the power of your expectations and intentions.

Start by becoming lucid, and then find a door or portal. A portal could literally just be a window actually, or a hole or something that you can ENTER. Imagine pulling a dream character out.. Or imagine a dream character simply walking out of the door or window.

Now stare intently at the portal or door. Tell yourself 'in a second, a dream character will walk through that door' and then just stare at the door. But don't stare as if you're SEEING if it's going to work.

Stare at it as you would when waiting for a friend to turn up. As if you KNOW it's going to happen and they're just round the corner, and you're just waiting to see them come round the corner. Imagine the feeling you have inside you when you've just called your friend you're meeting up with, and they said they can see you and they're just down the road. That feeling when you look into the distance expecting to see them soon.

**That's the feeling you want to have while staring at the dream portal or door. If you can get that feeling, you'll make this work I promise.**

### **3: Ask the lucid dream itself**

If you want a specific type of dream character in a dream, why not just simply ask for it? Yes, you can ask your dream to present you with the dream character of your choice.



Remember, with lucid dreaming you are the one in control most of the time. Your lucid dreaming experience is totally up to you for the most part. The dreamscape feeds off of your wants and desires.

**Therefore, it is possible for you to simply ASK your dream to create the characters that you want and know that the characters will appear.**

With this method, you as the lucid dreamer have to have a deep knowing and understanding that the dream responds to you in order for this method to work. Dream commands can also be used to do almost anything in a lucid dream.

I've managed to experience some awesome things just by asking the dream to show me those things. In fact the dream itself can really surprise you, and if you ask the dream to show you something

you're not expecting? Oh man.. That's a big surprise right there. The dream is of course created by your subconscious mind, and most of us have NO IDEA how powerful and complex that part of your mind really is.

By asking the subconscious to surprise you, you're taken on a rollercoaster of experience. It's like tumbling down the rabbit hole! So the next time you're in a lucid dream, try asking the dream to surprise you, or create a dream character for you etc.

#### **4: Create an Image with Your Mind's Eye**

Finally, using your mind's eye while in a lucid dreaming state it's definitely a great way to create dream characters easily.

Whether you choose to paint an image of the dream character in order to introduce it to a dream environment or perhaps using a collage method of piecing together a character is more your style, the whole point is that the vision of your dream character starts with you.

You really have to know specifically what you want your dream character to look and be like in order for you to create that in your dream world reality.

Ultimately, creating dream characters is not as difficult as it may seem. Once you have a firm grasp of lucid dreaming and understand the importance of expectation and intention in the lucid dreaming process, you'll be on your way to creating dream characters with ease.



**Try this next time you're lucid: Create a dream character based on YOU. Or just find a copy of yourself in the lucid dream and talk to yourself. You'll be amazed at how many complex and profound answers he/she has!**

## **Some Intense Things To Dream About**

Here are some crazy things you could try and lucid dream about. These things are going to be intense by the way, so make sure you're prepared.

### **1: 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. When I tell people things like this in my videos or through email it can be funny. People have likely never tried things like this and it can be vastly different from what they've tried before in dreams.

It's a great way of experiencing new things. Also by trying things that are so far from what you've USUALLY done in dreams before, you're growing. Your lucid dreaming skills are getting stronger and you're becoming more of a lucid master.

### **2: 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 Dawnreader) 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.

Often you can enter the painting or image in a lucid dream just by walking up to it and pressing yourself against it. Sometimes however, if you're not really expecting to be able to do that, you'll end up just half stuck in the wall and that can be annoying.

### **3: 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!

Superman or other superheros are great fun to become and play around with. I like flying or moving objects with my mind using telekinesis!

### **4: 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!

## **5: Build a city with your mind**

Just like when you were a kid and 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!

## **6: 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 from 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 trees grow back into the ground.

## **7: Visit the year 19013894**

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 completely different to anything we know today.

Ask the dream to show you 2308420325 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!

## **8: 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.

When you try these things, make sure you write them down in a dream journal. This will help you see what different things felt like. You'll also want to write down ANY dream signs or things that occurred in more than 2 dreams. This will be important later on.

In fact I'd really suggest just trying each of these things in separate dreams so you can give your mind the best chance of having a unique experience each time. You don't want these to interfere with each other.

## **Dream Portals And Teleporting**

A lucid portal is something in the dream which could transport you from one place to another. (Or one time to another). It's something you can step through or into, like a mirror or a doorway..

They can also be in other forms like a slide, tube, trapdoor, hole in the ground, misty aura etc. They can come in many forms, but the key is that they normally take you somewhere very quickly.

They can be found anywhere, but normally your mind will place them into places that normally have entrances or doorways you can walk through.

This is actually the perfect opportunity to test your lucid portals, find a long street with many houses on either side, and start opening all the doors to see what's the other side.

You'll soon find out that it's not just someone's house, it could be another world. This is because your mind creates things through doors in dreams that don't always 'mix' with the rest of the dream.

### **How to find and enter a lucid portal**



Here's how you can find dream portals easily, and use them to travel through a dream world. Remember that the KEY with dream portals is expectation and belief. If you truly believe a portal will take you somewhere, it will!

### **1: Decide where you want to go**

The first step to using dream portals is thinking about where it is you want to go. Try and come up with a clear picture of the location in your mind, before you even try and find a portal. Think about whether you've been there before, or what will be there when you arrive.

The more emotional you can get your reaction, the better. If you can get really scared and fearful, OR really excited and happy about the thing, you'll get there easier. Emotions and expectations are the two most important things in lucid dreams.

### **2: Find a natural doorway or opening**

In dreams, there are almost always things that mirror waking life. These things can be easily used as portals, because dream physics are NOT like real world physics.

You could open a tiny door to a phone booth and find another planet on the other side of the door. Here are some examples of natural openings or doors:

- Door or door frames
- Trapdoors in the ground
- Shower curtains or drapes in houses
- Any window in any building
- You could draw a trapdoor with chalk on the ground

### **3: Expect to travel through it**

Look at the doorway you've found or created, and tell yourself: 'I'm going to travel through this portal and arrive on the other side in my location (whatever place you want to go to). Notice that you don't HAVE to decide where to go to! You can just let the dream surprise you!

### **4: Explore the destination**

When you enter the location on the other side, just explore it naturally and don't panic! It might not be exactly what you expected but it should be pretty close! If you just let the dream surprise you, then explore it! You could be anywhere!





## **Focus on what you WANT to be there**

Sometimes just walking through you'll find random things, and this can be good if you're just looking to discover and explore the dream but if you've got specific lucid goals and you're trying to get something done in this lucid time, it's important to focus as you enter the lucid portal.





# *Making dreams more* **STABLE** *and* **VIVID**

Dreams can be much stronger and longer than you're used to. Learn to stabilise and prolong your lucid dreams

# Making Your Dreams More Stable

Lots of people find that they just wake up too soon from their Lucid experiences and find it very difficult to get back to their previous mental state.

**This is going to help those people by prolonging their dreams. When you find yourself fading out of a Lucid Dream, spin around on the spot.**

Stand on the spot and just spin around. Not too fast, but not too slow either. Just spin at the speed you would in real life and while doing so, ‘will’ yourself to stay in the dream. Tell yourself that you’ll stay in the dream, and more often than not you actually will.

## **Spinning round in a lucid dream**

This works by forcing you to focus on something physical. Many of the dream stabilisation techniques work in this way and even just focusing on something specific like looking at the detail on your hands while in a dream can prolong it. It focuses your mind and relaxes you forcing you to stay under for longer.

Doing things like dropping to the floor in a dream in hopes to stabilise and focus you may have other effects however. It’s been reported that ‘falling down’ just makes you wake up – or THINK you’ve woken up; you have a false awakening. We’ll stick to the spinning technique for now. Here’s how to do it:

### **Step 1: Focus yourself and Set your intentions**

The first stage with this is to set your intentions which are that you want to become a little more focused in the dream and ultimately stop yourself from waking up right now.

You don't want to wake up the second after you've become Lucid so you can spin round to make it last longer. That's the intention here so make sure to really cement this in your mind before you actually spin.

The reason you must cement the intention in your mind first is that people often find that if they just spin without any intention they end up in a random location; they've changed dream scenes and don't know where they are or what just happened.

It can have the opposite effect if you spin to try and calm down and stabilise and then when you stop spinning you're balanced on the top of a skyscraper looking down!

## **Step 2: Spin!**

This is where you just spin round, while looking at the floor. Try not to close your eyes in the dream as this almost always leads to waking up or to 'false awakenings' which are not pleasant. Spin round at a moderate speed looking at the floor.

## **Step 3: Reality check/stay calm**

*Once you've stopped spinning you'll find that you're more focused and the dream seems to have become clearer.*

If not, try another stabilisation technique like looking at your hands or rubbing them together etc, but it should be much clearer

now. You might want to reality check at this time or relax and go for a gentle walk in the dream.

### **Some reality checks you could try at this stage are:**

- Pushing your finger through your palm
- Reading text to see if you can understand it
- Checking your watch to see if the time changes
- Looking around to see if anything seems strange to you

## **Using Supplements To Stabilise The Dream**

If you're a long time lucid dreamer, the chances are you are looking for something MORE. You know you can do more with lucid dreaming, you just don't know how.

Well, supplements might be the answer. With supplements, you can take your lucid dreaming to another level. They're really useful! We are lucky today because there are DOZENS of lucid dreaming pills on the market. I wish there were this many when I first started out.

### **Here's a summary of the most common lucid dreaming pills and how they work:**

There are many different pills and supplements available, and they all affect dreams in slightly different ways. We'll explain some of the basic ones, and the most common. There are literally hundreds of them out there, and it's very important to know as much as you can about them before you use them, if in doubt, don't use it.



## **1: Calea Zacatechichi (The dream herb)**

This is a small Mexican plant which when the leaves are ingested produces powerful dream effects. It increase the clarity of the dream, makes it feel 'more real' and makes the dream last longer.

It's also know as the Dream Herb, Leaf of god, Bitter Grass etc. It's said to taste disgusting when drunk in a tea, and that when it's smoked, the smoke is very dry and rough.

It's been said that the best way to take Calea Zacatechichi for dreaming is to crush the leaves and smoke them through a water filtered bong, preferably with ice to chill the smoke, making it smoother to take in.

## **2: Vitamin B6**

This is a vitamin supplement which is said to be able to make your dreams more vivid, and mainly improve dream recall. It's sometimes know as the 'dream pill' because it's very effective at improving your dream recall, and helping you to remember what you dream about.

## **3: Galantamine**

Galantamine is probably one of the more harsh supplements you could try. Still worth a go but bear in mind it can be a bit rough on your body and people report feeling a bit sick sometimes on this one.

## **4: LucidEsc by Vividream**

Lucidesc is An effective, natural lucid supplement designed to help you become lucid when you sleep. This is actually a great one for anyone because it's not harsh on your body and it works very well!

## **5: Melatonin**

Melatonin has the power to affect lucid dreams in a huge way. This is more of a hormone but I felt it fitted in here. It's the hormone that makes you feel tired at night and can be used to have deeper and more vivid dreams when taken at the right dosage.

## **6: Mugwort**

Mugwort is actually more of a herb but I'd like it to be on this page. It can be used to make a 'dream pillow and other lucid aids. Very cheap, not as effective as other supplements however.

## **7: Choline bitartrate**

Choline can give you better dream memory but it has other benefits as well. It is more of a memory boosting supplement that has strong links to lucid dreaming.

# **Stopping/Slowing Down Time In Dreams**

Do you want to be able to control your perception of time in a lucid dream? Turns out you can actually stop time while you're lucid, and prolong the lucid dream.

Time, in reality, is to some degree, subjective. What might seem like a long time to one person can seem like a short time for another. It

depends on the persons perception of how slowly or quickly time is passing, and therefore in a dream, we should be able to change our perception and therefore stop time in a dream!

So to do this, as with most of the lucid tricks shown on this site, you'll of course need to be strong with your reality checks, and the usual things you would do to become lucid and stay alert in the dream. I don't need to remind you about all of that stuff.

### **Shout out 'Stop time!' to the dream itself**

Believe it or not, once you're lucid, shouting out commands like 'stop time' actually work a lot of the time. Because you're almost talking to your subconscious mind you're able to be pretty specific about what you want to happen.

By just shouting out to the dream world, you can get most of your commands answered, but there are a lot of times where this won't work. If you're not lucid enough and you don't believe anything will change, it won't, It's a lot like in The Matrix where Neo is learning to 'make the jump'.

*Any small doubts about his ability and he'll fall, and it's this that applies here. If you shout out a command like 'time will stop' to the dream, and you're just sort of waiting to see if it will happen, it probably won't. You need to shout it out as if you're certain it's going to happen.*

Almost like you know beyond a doubt that time will stop. If this is proving difficult, then you might want to try some other ideas before you can actually make time come to a complete halt. Dreams are a tricky thing to master, but it's all possible.

You'll also find that the more you learn and the most you try and vary the skills you learn, the faster you'll progress.

## **Slowing down time in a dream**

So if you're struggling with stopping time completely, you may find it easier to just slow it down at first. Slowing it down will make it seem like everyone else around you is moving slower obviously, but you'll be moving at normal speed.

There's always a little bit of confusion with slowing down time or stopping time, because one of two things are happening to you. (This has been shown in films such as X-Men, Days of future past).

- *You make time come to a halt, but you can move around at normal speed*

## **OR**

- *You speed YOURSELF up to such an extent that everything else seems to be frozen but in reality you're just moving really, really fast*

In the dream, it doesn't really matter which of these two happen, because with both of them, you're going to subjectively experience time slowing down or stopping. This brings me to the technique you'll be using the slow down time in a dream.

It's all about your emotions and your mind. You're going to 'think' really fast'. Instead of focusing on the world around you and trying to make that all slow down, you're going to speed yourself up and this will in turn slow the rest of the world down.

**Some affirmations or thoughts you'll want to start having at this stage are:**

- *'I'm moving so fast that everything around me is hardly moving at all'*
- *'I can move at lightning speed around the dream world'*

Saying these either in your head to yourself or out loud in the dream will start slowing time in the dream. While saying or thinking these statements, try running or moving around as well, look around you for ways to test how fast you're going.

Maybe find a dream character, run around him and tap him on the back, then zoom round to the front before he can turn.

**At this point, he should be moving really slowly. (Or you're moving very quickly) and it will give the experience of time having slowed down.**

Your perception of time is based around the things you do and the places you go in a dream, so as you're able to travel quickly - Almost instantly - Time can seem like it's going by faster and you're spending longer in the dream.





# *Lucid Dreaming* EXPERIMENTS

Learn some powerful and interesting lucid dreaming tests and experiments you can try, to push the limits of your mind

# Interesting Experiments To Try

When you get into advanced lucid dreaming, one of the BEST things you can do is to set yourself goals and challenges to do. It's all very well just flying around, but you will want to push yourself to do more eventually.

What you can do, is to set yourself these goals before you go to bed and then try and achieve them in your lucid dreams. Here are some very interesting goals or experiments you can try in a lucid dream:

## **1: Telling your dream characters they're in a dream**

**What do you think would happen when you tell your dream character they're in a Lucid Dream?**

**Would they become Lucid with you?**

Well, it really depends on how aware and in control you are, but if you're in control and you've grounded yourself properly in the dream the dream characters can also become Lucid with you.

It's a way of advancing through the different 'layers of a lucid dream' and going deeper into your mind. I'm not going to tell you what actually happens with this one as I think it's more interesting to try it without expecting anything specific to happen.

I'll warn you now though, it's going to be intense and you will WANT to make sure you're able to write your dreams down in the morning. This is not a dream you'll want to forget. Having said that I don't think you'll be ABLE to forget this one very easily.

## **2: Talking to your nightmares**

Ever been so afraid of something that you just can't stand even thinking about it, let alone talking about it? For me, it was dogs, and wasps.

I was terrified of them, but then in a Lucid Dream, I found a dog and literally asked it, 'Why am I afraid of you' and it replied something along the lines of 'you were chased by one as a young child and you haven't really fixed the fear that came as a result of that. You also have minor trust issues, so you don't trust that dogs won't chase after you again'.

Pretty eye opening for me, and the same sort of thing happened when I asked a wasp the same thing in a dream. Turns out I got stung when I was 4 and could have died.

I tried to pick up a wasp, because I thought it looked pretty and wanted to pet it, it then stung me and (as the wasp explained in the dream). I therefore developed slight trust issues and a deep seated fear of wasps. It took YEARS for me to fix that problem and Lucid Dreaming is directly responsible for helping me with that.

I find that sort of thing fascinating. The fact that you can directly interact with and even CHANGE fears and phobias just by talking to them directly in a dream. It opens up the door to all sorts of other questions, and you start wondering just how much you can change about your brain with lucid dreams.

### **3: Look into a mirror!**

When you look at a mirror in real life, you notice that it's an exact representation of you, (obviously). The laws physics are at play and so you MUST see exactly how you look.

In a dream of course physics and any other laws are non-existent, therefore looking into a mirror in a dream can show you a lot about yourself and the way you're feeling about yourself.

It's a little bit like your residual self image, which I've spoken about before. A blueprint of what you think you should look like stored in your mind. Finding a mirror allows you to see in great detail exactly the sort of person you think you are.

The scary thing however, is that sometimes we can see things which we normally ignore in a dream mirror. We can greatly exaggerate physical flaws and imperfections and it can look really scary.

#### **4: Speak to a psychiatrist/counsellor**

Your subconscious mind is a fascinating thing to talk to. Really, just search a city for a counsellor in a dream and sit down and talk to them. It will reveal things to you that you never would have realised before.

You can also sort of ask the dream questions, and it usually will respond with something interesting. You don't really need to know specifically how to find a dream guide or counsellor, because your mind will work it out. Just walk around saying out loud 'where's my dream counsellor' and you'll find it.

#### **5: Travel in time and meet yourself in the future**

**This is a really good experiment to find out what you really think of your goals and aspirations.**

Do you TRULY believe you'll achieve your goals and dreams? If so, you'll meet a refined, successful and awesome version of yourself in the future and you'll awaken feeling motivated and inspired.

If you don't believe in yourself, it will come out in the dream. You can't trick your subconscious mind, (easily) and often it will show you a merciless representation of your beliefs and thoughts towards yourself.

## **Convincing A Dream Character They're In Your Dream!**

What happens when you convince a dream character that they're in a lucid dream?

### **Convince them that their world isn't real...**

You could quite easily prove it to them, so what would they do when they realize it? Telling a dream character that they're not real and it's all a dream is an incredible experiment to try in your next lucid dream.. Here's what happened when I tried it:

### **Convincing a dream character to become lucid with me**

This is the story of a dream I recently had when I convinced a character his world wasn't real. I started the dream off like any other, by doing a reality check whilst in the middle of some random action, I think it was sitting at a table with my friend and as we were discussing the weather I looked at my hands.



This triggered a reality check, I became instantly aware that this wasn't real, and so I looked up at my friend, and asked him 'Where did we just come from?'.

- *'What do you mean? We just came from town.. We spent the day shopping, remember?'*
- *No, we didn't. I thought about how to explain this to him..*
- *'We're in a dream' – 'This isn't real'.*

He seemed confused, almost a little scared, not scared that it's a dream, but scared that I'm crazy or acting weird. Just to be sure of myself, I did another reality check, and my finger passed through my palm.

**'This really is a dream, and I can prove it', I said this not quite knowing what to expect.**

As I used telekinesis to move a plate around the table, he finally agreed that this was in fact a dream. This is when it got weird for me.

**He snapped into a totally different character. As if his body had just been possessed, and looked at me directly in my eyes. 'What are you doing in here.. In this part of your mind?'. He shouted this at me.**

I didn't know what to say.

Who was this dream character now representing?

What part of my brain was he?

I had no idea, and started to think I was a little out of my depth, but I kept on. I explained that I know it's a dream and wanted to see what would happen if I told him. We then went for a walk outside, and what was the door turned into a long corridor.

This stretched on for what seemed like miles, and as we walked I continued to ask him what he represented.. He wouldn't tell me, but insisted that I was 'On the right path'. Although I was aware and fully in control, when I tried changing things he stopped me..

I tried shifting scenes and just teleporting away, but he had some sort of powerful energy that held me in place.

I was unable to move.

It actually got a little scary, and at one point I tried to wake up, but I couldn't. It was like being trapped inside my own mind.. I knew very well that my body was laying there, asleep, and yet although I was lucid I couldn't break away from this dream character who had become powerful and aware.

He assured me that it's okay, and there's nothing to worry about, so we kept walking. Through each of the doors, he showed me something I had learned from the past. A lesson learned from various situations or events, and he said that it was 'the start of a special journey'. 'Lucid Dreaming is only the beginning' he said.

As we walked, we continued to talk, and he gave me some advice and powerful insights into my mind and the way it worked which I can't share here as it's far too personal, but what I can say is that it's as if your mind is set free. I don't know what's happening scientifically here, but all I know is that I was lucid inside my mind,

and I had convinced another part of my mind that ‘it’ too should become lucid.

### **The gateway to ‘The bigger picture’**

This is probably the most profound thing I’ve done in lucid dreaming to date. It’s almost life changing, but I won’t carry on lest you think I’m exaggerating or making it up.

*Try it for yourself, make sure you’re really aware and stable in the dream yourself, and then convince someone they’re in a dream.*

See what part of your mind it will become and what will happen. Remember, even though at times it can seem scary, and even a little bit dangerous when you think you ‘can’t escape the dream’, you can never get stuck in a lucid dream, don’t worry about that. Just relax, and enjoy the ride.



It's opened my mind in a way that's never happened before, all because I told a dream character he's in a dream. I strongly suggest that everyone who's even a little bit into lucid dreaming should try this, as it's different for everyone.

## **Dissolving The Dream State (Advanced)**

I've been controlling my dreams for a few years now but this was something entirely new to me. I managed to 'transcend' the dream state and actually dissolve the dream state into pure awareness.

**This is more of a little story than a tutorial, because this is something that you can sort of guess how to do yourself once you're lucid. It's self explanatory, anyway here's the story:**

Before I start explaining this amazing dream I had, I want to make it clear that this is merely my experience and my description of what I experienced.

I'm not making definite claims that I've achieved enlightenment, reached 'pure awareness' or anything like that. I'm merely going to describe the dream that I had, make of it what you will.

**It started as a normal dream..**

It started out as I was having a normal dream. I got into bed and start to relax. I wasn't trying to induce lucidity, I was just really tired and wanted to sleep. Some nights are like that, you don't want to

TRY and lucid dream, you just sort of 'let go' to the bed and just drift into dream world.

I laid there for about 5 minutes and then started to lose consciousness. I wasn't trying to stay conscious, so this wasn't a problem.

A few hours later (*I'm guessing, because I woke up shortly after the entire dream at about 9AM*) I started to have a series of long, complicated dreams.

These dreams were slightly personal, so I won't share all the details, but they were a mixture of reliving work days, a few conversations with various ex-partners and an adventure to try and drive over some water.

Random stuff, I know. After these dreams, I find myself walking down a street in a crowded city. I catch the reflection of myself in one of the windows and notice that something is a bit odd about my shirt.

It's a small detail, but it makes me think about how I got to where I was. 'How did I get to this street? I don't remember walking here' I asked myself.

**So then I did a reality check. I tried to push my finger through my palm, (this is my most effective reality check) and instantly became lucid.**

Now, at this point, I should mention that it wasn't just a normal lucid dream. The second I became Lucid, I knew something was

different. It felt sharper, more vivid and very real. It felt almost like I couldn't wake up even if I wanted to.

In most lucid dreams, all the while you're lucid you have a reasonable grasp on the situation and if you want to wake up, you normally can. That was not the case in this dream. I looked around and started manipulating things. The most fun thing for me lately in lucid dreams is to move objects with my mind using telekinesis.

I started lifting small objects and moving them around. I had no 'goal' at this point, I was just enjoying being lucid and free. I was enjoying just being in my own little world and playing around. Some dreams are like that, you just want to be playful and enjoy yourself.

So the dream went on, and I continued exploring. The longer I stayed in the dream, the clearer it became. I started to get used to the feeling of it and it felt like I'd been there for hours, maybe even days. As I explored more and more I fell in love with the feeling.

It was different to my other lucid dreams. This one just felt 'right'. I felt like I was exactly where I needed to be at that point, even though I didn't fully understand what was happening.

### **Manifesting money and controlling dream characters**

I tried various things out from this point on. Firstly, I had been trying to make more money at work the past few weeks, so this went through to my dreaming mind.

I started manifesting money in my hand. I imagined a stack of £50 notes and they appeared in my hand. I threw them away and started to grow trees from the ground.

I'd look at where I wanted to grow the tree, hold my hand out and push a load of energy through the air into the ground. The tree instantly started to grow and within a few seconds it was towering above me. Pretty cool, but I wanted to do more.

I play around some more and start to control the other dream characters. I decide where they're going to walk and what they're going to say. This is fun for a while. After a few minutes of this, I hold my arms out to my sides and look up at the sky. I feel so powerful, and yet so free at the same time.

It's all very clear. I wonder at this point how I've not woken up yet, as I've done a lot of exciting things and normally I can tell when I'm about to wake up from the lucid state. Not this time. This time the dream just stayed put. I couldn't shake it if I wanted to.

I looked back at the sky and started to float gently on my back. At this stage I felt completely relaxed. I felt like a king looking down on his kingdom from his castle.

### **Trying to find my dream guide**

When I came back to a standing position, I was somewhere new. I had a few people walking by me and I decided to try and find my dream guide.

**The SECOND I had this thought, the scene seemed to instantly change. I noticed the dream characters look at my differently, as if they had woken up or they knew something I didn't.**



I look around and a few people look back at me. I don't say anything, but I have the intention of finding my dream guide. Someone to help me through the dream and give me some ideas as to what to do next. After all, this seemed like a solid dream and I didn't want to waste it any more by throwing cars around.

After a few seconds, a strange man seems to just appear at my side and looks at me as if he's checking that I'm alive. It's like he's trying to work out if I'm really here or not, and it's very off-putting and unusual for me.

### **A conversation with my lucid dream guide**

I ask him if he's a dream guide and he says 'Yes of course I am'. He takes me to a futuristic looking city and we walk to a space where there's a sort of central 'square' or clearing. Skyscrapers rise up into the clouds all around us and the city is alive with noises and lots of movement.

We then have a conversation as people (aliens, robots and businessmen) walk around us going about their day..

#### **Me – Where are we?**

*Dream Guide – 'This is the 'entrance'. This is where people enter the dream and connect to do business deals of all sorts'*

#### **Me – What do you mean? What sort of business deals?**

*Dream Guide – (I can't remember the exact way he said this but I'll try) 'Well, people from all over the universe come together here among other places, to do business deals. Some of them have*

*transcended time and they get together here to work on ‘timelines’ and ‘fix things’ in history’*

**Me – ‘Wow, that’s incredible. Why did you bring me here?’**

*Dream Guide – (Again at this point he looks into my eyes and appears to be ‘checking’ that I’m really standing there and not just an illusion) ‘I think you’re ready to see this. I’ve been watching you grow, back in your lucid dreams, and I think you’re ready for the next step’*

**Me – What do you mean, ‘back in my dreams’?**

*Dream Guide – ‘If you haven’t noticed, you’re not the only dreamer in this place’*

**Me – ‘What are you talking about, this is my dream! I’m in control here I’m just letting you show me something’**

*Dream Guide (At this point he looks at me the way a parent would look at a child learning to walk, a sort of loving, understanding look) – ‘We were in your dream, but I’ve brought you here to learn something’*

At this stage, a couple of other people enter our conversation. We’re just standing there in the middle of this space in this futuristic city, and a guy dressed in a suit with another guy wearing a leather trench coat come up to us.

They tell me that they’re dreamers too, and that I should be careful with stating that it’s my dream and I’m in control in this place. It could be dangerous, they tell me. Now, I haven’t prepared for a deep dream like this.

The previous night I had been drinking a little bit, and I hadn't done any sort of meditation or prep work for this, so my dreaming mind is a little off key. I'm not really thinking about what I'm doing, so to speak.

I start to talk back and argue that it's really my dream, and I'm in control. With one flick of his hand he lifts me about 6 feet up into the air. *He's using telekinesis on me! That's my thing!* I hang there in the sky, powerless.

**I can't move at all, and I am still completely lucid.**

I'm not losing focus and I'm still very much aware of what's going on, and (I thought) in control. He puts me down gently and goes on to explain that it's not anyone's dream, but that we're all here together in this place.

I'm amazed.

I don't know what to say, and so when I get put down on the ground I go walking. I walk out of the city and into a desert area. I don't have a goal for where I'm going at this point I just want to get back to somewhere 'normal' whatever that means.

**Dissolving the dream state**

At this stage in the dream I'm blown away. I don't know what's going on any more and I do a few reality checks to make totally sure that I'm dreaming, and I am of course. I can still fly, I can still grow trees and create money but for some reason back there in the city I was overpowered.

It's not like I was expecting it either, I was completely in control of my emotions, thoughts and beliefs and yet I just couldn't do anything. Strange. That's never happened before, but it was about to get better..

I'm in the desert clearing and I look around me. I suddenly feel humbled, sort of like I've just come out of a deep meditation session and I'm feeling 'in love' with the world. I feel great! But it's more than great, and from this point on something that I've never experienced before started to happen.

I started to feel EVERYTHING. All at once. But 10 times better, bigger and more powerful

**When I say 'everything', I mean it like this:**

- **Imagine for a second the last time you laughed** until you cried, and you felt intensely happy or loved
- **Now imagine the last time you orgasmed** or had sex
- **Now the last time you were heartbroken** or lost a friend/family member/pet, whatever
- **Now imagine the last time you felt really happy or loved..**  
The feeling of water against your body when you swim in the sea, the feeling of ice cold water as you drink on a hot summers day, and everything in between.

**Now imagine ALL of those things, all those moments of emotional value, ALL AT ONCE, except x100.**

Imagine feeling the intense pleasure, the pain, and it's all mixed together and amplified by about 10 times. It's overpowering and I can't do anything with it, other than just let it happen and completely give in to this experience.

I fall back, powerless and overwhelmed and gently float above the ground, looking up at the sky. The sky is no longer a mixture of blue space and clouds but is simply a white glowing light.

Everywhere I look is white. It's just white energy, all around me. It's not the same sort of white light that you'd expect, it's more like being underwater and SURROUNDED by the light. You can't look at it or focus on it because it IS your focus.

**It's everything you're aware of and you can't focus on any one part of it, because it's only ONE part.**

I don't even try and focus on it and instead focus on the feelings surging through me. Those intense feelings are still rushing through me at a steady rate. They don't slow down, they just stay there constantly. It doesn't hurt as such, it just feels incredible. Like I've been given an immense, powerful energy and it's overcoming my entire body.

I'm suddenly aware of everything. I feel my body sleeping in bed, I feel the limitless possibilities of dream adventures around me. I see only white energy but I'm aware of so much more than that. I can just sense everything, and I can see my entire life's memories laid out in front of me.

It's like they're just all being shown to me at the same time, sort of like if you were in a room with 100 TV screens all playing different

films at the same time. Normally that would be impossible to focus on, but in this dream I could understand and concentrate on all of them at the same time.

I feel my growth as a person, I see my most beautiful memories. Some that I didn't even know I had. I feel like I'm crying, but it's not really crying because of the other feelings and energy surging through me. Whatever this state was, it felt absolutely incredible and I never wanted it to end.

It's like I'd transcended everything I knew to be real, and I was free. This was the first time I'd dissolved the dream state like this, and I am now going to try it every time I lucid dream. I refer to this dream as 'lucid transcendence'.

**Notes about the dream:** The night before I'd had a few drinks with a friend, so it could have been a 'REM rebound' lucid dream. I started the dream normally and became lucid by doing the 'finger through the palm' reality check. As the dream progressed I built on the stability by grounding myself and breathing deeply.

So it was pretty intense but looking back, that was the start of my slightly more intense lucid dreams. From then on I've been having a lot more of those sorts of dreams, fairly regularly.

They not only make me wake up feeling excited about life and energised, but they open my eyes as to the possibilities of this world and the idea that there is so much more out there that we just can't experience or nice as humans.







# *Setting your ROOM up for Lucid Dreams*

Your bedroom is the key to  
having more lucid dreams.  
You just have to set it up  
right!

# Setting Up Your Room For Lucid Dreams

You can do a few things to the actual room you sleep in to make it more likely you'll lucid dream. This is what I called lucid prepping and it's very easy. There are a few main points which we'll go over now:

## Incense And Aromas

Incense and how your room smells is very important. The smells we experience do things to our brain and emotional state, so for lucid dreaming you are aiming for a relaxed state.

Not only that, you're aiming for a relaxed but also aware state. The best aromas for this are Lavender and Jasmine. These aromas will help you not only relax but also be in the right awareness state for lucid dreaming.

The best thing to do is just to get some incense sticks and burn them right before bed so the aroma is all around the room. Combine this with a lavender pillow spray and you'll drift right off, with more chance of being lucid!

## Temperature And Smart Home Devices

You can actually use smart devices in your home to help you become lucid. Not everyone has these, so if you don't have smart home devices then feel free to skip this section!

### Use smart alarms for the Wake Back To Bed technique

If you've been trying to lucid dream for a while, you're probably familiar with the Wake Back To Bed (WBTB) technique. This is where you wake yourself during REM sleep, and then go back to sleep, with your mind awake and alert. Smart home devices can actually make this technique a whole lot easier.

If you've got a Google Home or an Amazon Alexa, you can really easily set an alarm for a certain time. And even better, you can choose what wakes you up, be it your favourite song, the radio, or just the voice of your device.

**So for the WBTB technique, you can set your smart alarm for 2-3 hours before you would normally wake up (as this is when you're most likely to be in REM sleep).**

Hold on a minute though, surely this is no different from any other alarm? Nope. There's one feature that makes smart alarms perfect for lucid dreamers: The voice controls.

With the WBTB technique, you don't want to get out of bed to turn off your alarm. In fact, you want to avoid moving your body if you can help it.

So whilst other alarms require some sort of movement to turn them off, you can simply call out to your smart device to stop the alarm. This way, your body stays ready to fall back to sleep, whilst your mind is awake, alert, and ready to get lucid!

**Use your smart devices to do reality checks**

Part of the fun of smart home devices is asking them ridiculous questions and seeing what they answer. But a not-so-ridiculous question to ask is ‘am I dreaming?’

Depending on what device you have, you’ll probably get one of two answers: ‘no’ or ‘sorry, I don’t know that one’.

Either way, each time you ask your device whether or not you’re dreaming, you know you’re going to get the same response. This is a great way to do a reality check, even if it does make you sound a little mad.

Doing regular reality checks is one of the best ways to improve your chances of becoming lucid. They also help you realise when you actually do become lucid.

Let’s say you ask the same question, ‘am I dreaming?’, out loud in a dream. If you’re not met with the same voice or response as your smart device usually gives you, you’ll realise your lucidity.

### **Using smart temperature control to stimulate sleep stages**

Some smart home devices hook up to your heating or air conditioning system, making it super easy to raise or lower the temperature in your home.

If you can use your smart home device to change the temperature in your room at a certain time, this could help you lucid dream. We find it easiest to fall asleep in a temperature that’s not too warm, and not too cold, so for the majority of the night, your home’s normal temperature is fine.

But if you really want to make lucid dreaming that bit easier, you can use your smart home device to raise the temperature a little in the early hours of morning (which is when you're more likely to experience REM sleep).

Vivid dreams have often been associated with warmer temperatures, hence why we often wake up from dreams in a sweat. So if the temperature in your bedroom raises a little once you're already asleep, your mind will be brought closer to awakening, and you'll find your dreams become more vivid and even lucid.

You have to get the temperature balance just right though, otherwise you'll either not dream, or just wake up because you're too hot. It takes a bit of practice to learn the perfect balance.

### **Use smart devices to simulate sunlight**

As well as the alarms that come built into most smart home devices, there are also purpose built smart alarms. Smart alarms wake you up with a sunlight simulation, so you feel as though you've arisen with the sun.

Why would you want that? Because it's much nicer and easier to wake up feeling like you've done so naturally, with the sun, rather than with some shrill and annoying alarm tone.

**Ive personally been using a sunrise alarm clock for a good few months and the difference it makes is massive. It feels like you're just slowly and peacefully waking up, instead of being THROWN out of bed by an annoying alarm.**



Plus, sunlight simulations help you sync your internal body clock with your lifestyle, so that no matter when you're getting your sleep, you improve the quality of your sleep and feel well rested and energised throughout the day.

To be honest though, you only really need a sunrise alarm if you don't already get sunlight in your room. The other time you would need it is if you're waking up BEFORE the sun actually rises naturally.



I for example, usually wake up at about 5 which is before the sun rises most of the year. So for this I use a sunrise alarm clock but other times of the year or if the sunrise is BEFORE 5, I just set an audio alarm on my phone and wake up that way.



Many people are often put off lucid dreaming because they feel tired after trying techniques like the WILD and WBTB. But with a sunlight alarm clock, that comes on at whatever time you choose, you won't feel the tiring effects of lucid dreaming.

There's also the fact that a relaxed mindset is key to getting lucid. Waking up to an annoying alarm noise can put you in a stressed mood for the entire day, but with a smart sunlight alarm, you'll feel positive about going to sleep and waking up.



# *Final Words*

This isn't the end..

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Hopefully you've seen how there is actually a LOT you could do with lucid dreaming.

There's a lot beyond just 'flying around and having fun'. Of course, have fun but realise there's a lot you could do to further your spiritual and personal development.

Lucid dreaming has opened many doors for me, and it's changed my life almost as much as going Vegan has. If you take just a few things from this book, they'd be: Be happy, do what you love, and be self aware.

## Do THIS Next

The next steps are sort of up to you, but there are a few important things to bear in mind here. Lucid dreaming as you know, is a journey.

It's going to be years of you experimenting and trying various things out, and you'll never stop learning.

The best thing you can do, is to get a journal and start writing what you do down. This will let you be able to look back on any given month or week and see what techniques worked, what supplements did well for you etc.

It will also let you keep track of goals and push yourself to experience new things each time you lucid dream.

**Lucid dreaming should never be boring.**

If you're just lucid dreaming every few days and flying around, then waking up as if it was just a boring, normal thing then something's wrong.

There are so many impossible and crazy things you could experience in a lucid dream that you should always have a new challenge or experiment to try.

If you're wondering what to do next, well just keep experimenting. Really try and experience as many things as you can, even if you don't think you want to.

You might THINK you just want to fly every time you're lucid, but how do you know if you've never TRIED other things?

That's why I travel so much because I don't KNOW what I don't know. What I mean by that is without experiencing other things, I don't know if I'll like them or not. It's the same with lucid dreams, if you don't try random and unusual things, you don't know if you're going to like them!

Better to try the things and know for sure. And in most cases, you'll love the new and interesting experiences you can have.

I love my dreams about talking to animals or BEING different things. I love my dreams about visualising time or scientific concepts, or even time travel.

They're more interesting than just flying.

**Good luck my friend, enjoy the journey!**

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**Keep exploring and dreaming my friend, and remember,  
your mind can do anything.**

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