

30 DAY LUCID DREAMING BOOTCAMP



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Foreword

Firstly, thank you for being here on this journey. This is a highly effective program and system for having your FIRST lucid dream as fast as possible.

My first lucid dream is one I'll always remember:

I was confined to my bedroom as a result of being 'naughty' when I was younger. I wasn't allowed to move and I had nothing to do except sit around in my room!

To pass the time and speed things up, I decided to just fall asleep. I figured that if I could just sleep the time away, I'd be able to go back on my computer faster! So I did, and lo and behold I crated my first lucid dream.

A complete accident, and I didn't have a clue what I was doing.

I 'woke up' in the middle of walking down a long street, and looked down at my hands. I KNEW something wasn't right, because I could remember having just tried to fall asleep.

I was a little confused at first and then out of the blue I had this instant thought... 'you're dreaming right now'. I knew it was a dream. Looking around and thinking about it more only confirmed it.

The excitement and confusion was overwhelming. I knew I had to DO something with this incredible gift, this opportunity. But what? I shouted 'this is a dream!' at the top of my lungs, as if I'd just discovered fire.

I felt as if ANYTHING was possible and I could just experience anything I wanted to. It really was incredible, and I'll remember this moment forever.

But shortly after that, I woke up.

Like many of us, I'd had my first dance with lucidity, and I shortly after woke myself up. when you're a beginner, you'll tend to only have lucid dreams for a few seconds at a time. There's a reason for that which we'll get to later, but it's just how things work.

Well, over the next few years I would go on to develop many different ideas, theories and techniques for lucid dreaming more reliably. I have always had an 'obsessive' personality. When I fall in love with something or take up a new hobby, I go all in.

I forget everything else and focus intently on that one new thing. And this has led me to become obsessed about lucid dreaming. I researched, tried, tested and read everything I could. I wanted to understand lucid dreaming inside out.

Well, the more I learned, the clearer I saw:

I was NEVER going to fully understand lucid dreaming.

Nobody can.

It's such an elusive and complicated yet beautiful experience. A glimpse at what our brains and bodies are capable of doing and being. A brief shadow of divinity.

But I didn't give up.

Far from it: I wanted to know and try everything I could. Even if I'd never fully understand the subconscious mind and consciousness in general, I wanted to know how to RELIABLY induce lucid dreams, as often as possible.

And that search has led me on a long and exciting journey. Right up until this point, now. You're reading this Bootcamp and maybe even going through my other books or courses about lucid dreaming.

You want to have that same experience, of becoming lucid for the first time. Or maybe you've already become lucid, and you want MORE. Whatever the case, you're here because you want to reliably induce lucid dreams, and experience it all for yourself.

And I can PROMISE you, if you follow this template and stick with it for 30 days or more, you will lucid dream. This is the combination of a long few years of testing. These things although simple, really work when you apply them and work on them regularly.

Now, more than anything I want you to think of this Bootcamp as a motivator. You might have heard of some of the things in this ebook, but that's not the point. The point is, this Bootcamp will motivate you to stay on track, and actually practice them.

More than that, it's been carefully designed to stimulate your mind and subconscious to make lucid dreaming more likely. The triggers, the order they're in, what techniques you're practicing on what days, it's all a part of my design.

So even if you read parts of this and they sound familiar, please remember:

The printable template is the main 'meat' of this. The printable template is what you should stick to, focus on and practice. Everything in THIS ebook that you're reading now is just a bonus to explain the template.

This brings me to my next point:

The Lucid Dreaming Bootcamp is a very effective tool and framework for having your first lucid dream. In fact it's a framework for inducing reliable REGULAR lucid dreams!

But please listen up:

THIS ONLY WORKS IF YOU FOLLOW IT!

I have to stress this right now because a small percentage of people will purchase the Bootcamp, read through it for a few minutes and then try a technique that night, expecting the technique to suddenly work.

It REALLY doesn't work like that, nothing does. You can't learn any skill 'instantly'. If you follow the habits and exercises in this Bootcamp EVERY DAY (or close to every day) for 30 days, you should lucid dream.

It's designed to help you build the HABITS and SKILLS you'll need to lucid dream for the rest of your life. If you follow what I'm going to share in this guide, you'll have your first lucid dream very soon.

I'm going to explain a bit about how you should use this guide, and how it works with the printable spreadsheet schedule.

How The 30 Day Lucid Dreaming Bootcamp System Works (Important)

To build a habit, it takes about 30 days.

Some say it's 15, some say 60 days but on average, it takes a person 30 days of doing something every day to build a habit that makes it EASIER for them to keep doing that thing.



This is important, because lucid dreaming is all about building the right habits.

If you build **bad** habits, just like with driving for example, it becomes very difficult to correct them later on. So for that reason, we're going to make sure we focus on practicing the RIGHT things, to get you lucid dreaming fast.

This guide is designed to be followed EVERY DAY for those 30 days. If this is difficult for you or you won't be able to do it, try to wait until you're able to do so.

If you're not able to set aside 30 days for these things, try to follow it as best you can. The things you can practice here will still work just fine, even if you miss a few days.

The WBTB (Wake back to bed) technique, for example, might be tricky if you need to be refreshed and well rested in the morning for a full day of work, but you could in that case do it at the weekends.

The reason this was created is that lots of people who would be great lucid dreamers, tend to purchase products about it or read books but not actually DO anything!

They go months and sometimes years with an INTEREST in lucid dreaming but without actually DOING it or putting in the work it takes to build the right habits, and get results.

This is different.

You've purchased this, and so you're hopefully at least a little bit emotionally invested in it.

You want it to work and you're almost driven to go through the 30 days if for nothing else because you've paid for it. You'll notice that you take it more seriously because you've invested a little bit of money into it.

And that's why it works so well, because you're more focused and you care enough to stick with it, and get results. You'll hopefully see how effective this course is as you go through it, but please, give this a few weeks and really try and stick to what I teach you here.

How To Use This Ebook

This guide will show you how to do the various things mentioned in the 30 day Bootcamp calendar/template. I've covered all the things that are **BOLDED** in the printable template, so you understand them and can refer to this guide when you need to.

You should have received the printable '30 day calendar' with this Ebook, explaining what to do on each day, and some notes to go along with it.

To get started, have a look at the 30 day plan and read through this Ebook. Set a date to start, (or just start tomorrow, if you're ready) Make sure you've read this ebook guide and you understand all of the tasks and exercises I'll be asking you do to over the next 30 days.

While this will serve as a great way for you to learn lucid dreaming, I can't **FORCE** you to complete the daily tasks. If this were a physical Bootcamp, I could literally wake you up at 5AM, and tell you to do

reality checks or to meditate but I can't, so this is the next best thing.

If you don't follow the steps, or you know you're not going to, you won't lucid dream. It's that simple, but I know you're going to be a superstar and complete the daily tasks, aren't you?

Please Remember:

This guide that you're reading now contains a brief overview of these techniques and ideas. This Ebook is not a comprehensive guide, and it's not intended to be.

This is intended to get you to take DAILY action and practice things every day to make it easier to lucid dream. It's NOT meant to be a fully advanced, detailed manual for these techniques.

This guide CAN be used on it's own but it's probably easier if you use it alongside my other books or courses, as a way of bringing everything together and taking ACTION.

But as I said, don't worry if you've ONLY got this Bootcamp, because it's more than enough to get you having lucid dreams within a month.

Before You Start The Bootcamp

Before you start, make sure you're actually ready for this. It will be hard at first just like building any new habit but once you've completed the 30 days, you'll either have had your first lucid dream/s or you'll be WELL on your way to doing so.

There's a very high chance you'll experience your first lucid dream in the first couple of weeks.

Even if you don't, I'd encourage you to stay positive and to keep going, as the habits you're building here WILL give you a lucid dream, it's just a matter of time.

Try to stick the printable calendar somewhere you'll easily see it, as this will help you with sticking to it, and making sure you don't forget. There are lots of little things mentioned in the spreadsheet, so make sure to print it out in high quality.

There's no real way of telling how soon you'll have a lucid dream but if you follow the steps here, you're MUCH more likely to do so. It could happen tomorrow, it could happen in 3 months, it depends on you.

It's nothing bad, just that some people are more able to do this than others and that's fine! Let's go over some things you might need..

Things You Might Need

Before you get started, there are some things you might want to get, to make this easier.

These are little add-ons and items that will make it easier to complete the tasks. This doesn't include the lucid dreaming films, which are mentioned later.

(Note on the films - During the 30 days I suggest watching a few films about dreaming and reality for inspiration, if you don't have these films and don't want to get them, just ignore them.

It would be better if you were able to get a copy of the mentioned films; at the back of this ebook; before starting, but if not don't worry too much).

Binaural beats - These are special sound waves that make it easier to induce a lucid dream when doing the WBTB method.

A dream supplement - A basic dream supplement for 'dream support'. This will make the whole process easier, but it's not essential.

Patience - This is going to seem like a long time, it's a whole month. I'd encourage you to prepare yourself for this and to stick with it. Please don't give up after 4 days, the results are well worth it, and the skills you're learning here will last a lifetime.

Dream Journals And Diaries

Dream journals are KEY to lucid dreaming, and will largely determine your success or failure here.

Here's essentially what you need to do:

Get a small notebook or journal, and keep it by your bed. The journal needs to be easy to access in the middle of the night. Keep a pen or pencil nearby too.

Every single morning, when you wake up, write down what you can remember. If you can't remember ANYTHING write 'no dreams recalled'. Over time this will train your mind to want to remember more dreams.

Try and be very descriptive when writing your dreams down.

Write down all of the details.

Don't miss anything out, as the finest detail could be a sign of a nightmare, a recurring dream, or your mind trying to tell you something by using a dream sign. Here are some things you should try and write down when you write in your dream journal..

- **Colors and Shapes.** What colours are in the dream? Are there various lighting effects?
- **People and Places.** Who's there? Is it people you normally speak to or interact with? What are they doing, think about their behaviour, is it normal for that particular person?
- **The weather.** Might sound strange, but think about the weather, does it change when you are with certain people, or at certain places? Really think about what this could mean. (This will be explained in a second)
- **Location.** Look around you, and think where you are. (Of course when I say 'look around you' I mean try and remember the dream by visualising it).

- **Your emotions and feelings.** What were you feeling at the time, and did this feeling change throughout the dream? Maybe it changed when you went to certain places or said/did certain things. Write it all down!
- Even if it's just speculation or your thoughts about the dream, write it down.
- **Dream signs?** Can you remember any dream signs. This is things that reoccur in your dreams, every week or so. These are important, highlight these.

And any other details you can think of.

Write it all down.

So, as you can see it's important to get a lot of detail in the dreams, as this will greatly help you with dream interpretation, and controlling them further.

It's good to get the range of details in there, for example, the feelings, temperature, location etc. It all adds up to the dream which your brain is creating.

Even tiny details like the weather changing when you see a certain person could indicate your 'deep-down' feelings for him/her.

Imagine if you're walking down the street, you see a person briefly, and then walk on.

Seconds later, it starts raining!

Could this indicate that maybe you have negative feelings for said person? Of course.

Using A Dream Anchor

NLP (neuro linguistic programming) shows that by using a physical object to link to a thought or intention can make it more likely you'll DO the thing, in this case, remember your dreams.

What I mean by that is this:

Pick an object in your room, and decide that it's going to be your lucid dream anchor.

Tell yourself, 'Whenever I look at this object, I will remember my dreams' and keep practicing saying that every time you look at it. Within a few weeks, you'll be able to remember MORE dreams, just by looking at the object.

Write In Present Tense!

Dream diaries are all about recording your dreams, right?

So write the entries as if you're still in the dream. Don't write 'I walked down the path' instead, write 'I'm walking down the path'.

By writing in the PRESENT tense, you're more likely to be able to remember more, because your brain thinks you're still in the dream experiencing it!

Highlighting Important Parts Of The Dream

It's a good habit to highlight the important parts of your dream entries. This lets you easily see what happened when you look back at old dreams, and also helps you identify 'dream signs'.

Dreams are complex, and yes, small seemingly unimportant details could be profound when understood properly, but for the purposes of the dream journal, we're talking about key events, places, people and events.

Sure, it's important to write down that the temperature changed when you entered a room, or that you felt slightly adventurous when you heard a certain song in the dream, but there are things more important than that.

The things you'll want to highlight would be:

- Where you are
- Who you're with
- What you're doing

Meditation

Meditation is the cornerstone of lucid dreaming, and luckily it's fairly easy to learn. When I say to meditate in the 30 day template, this is what I mean.

Meditation is all about calming your mind and thinking of 'nothing'. It can also be used for other things like focusing on things, but there are many types of meditation.

For the purposes of this 30 day challenge, I'm talking about basic, 10 minute breathing meditation to detach yourself from your thoughts and emotions, and to become more self aware.

This is done by performing the following steps -

1 - Find somewhere comfortable to sit. You can lay down or sit down, I prefer to sit down in a chair and relax all my muscles, but still be sitting up straight. Find a chair that can help you do this, and sit there.

2 - Set a timer on your phone for 10 minutes. A calming tone is best, as you don't want to instantly jump back from your relaxed state because you heard some harsh alarm tone. Find something relaxing but still loud enough to remind you to stop.

3 - You're going to count your breaths. This is the basis of this meditation. You're going to count your breathes starting with the 'in' breath counting 1, and then counting 1 on the 'out' breathe. Keep doing this up until the number 10, and then start again at 1.

Don't over think this, just focus on relaxing, naturally counting the breaths AS THEY HAPPEN. Don't try and force them to fit in with your counting, instead let your counting fit in with your natural breaths. It doesn't matter how long it takes you to reach 10, you don't need to care.

Just focus on the counting and whenever your thoughts wander, (and they will at first) the second you realise you're thinking about

something else, gently bring your focus back to the counting and carry on.

When the timer goes off, take a second to think about how you feel and what you can experience and then open your eyes and turn off the alarm.

That's it. That's the basic meditation we're going to use for this 30 day challenge. It's simple but like I said, the key is that you actually practice it every day or every time it's mentioned.

After the 30 days you're free to use whatever meditation techniques you want to, but for this we want to keep it simple so you're more likely to stick with it, and so it's more likely to work.

Setting Up Your Bedroom

One important part of the Bootcamp is setting up your bedroom for success. This doesn't have to be a big task, and really it's just about making sure your bedroom is setup to make it EASIER to lucid dream.

So let's start with the dream journalling side of things. You need to have your dream journal (a notepad or something like that) NEAR your bed, ready to be written in.

Make sure it's a nice clean pad and you enjoy writing in it. Make sure the pages are easy to turn and not too stiff. You really want to get a journal that feels nice to write in.

At this stage you might want to invest a bit of money into getting a nice dream journal, it's entirely up to you. A simple clean lined notepad will do fine.

Keep it by your bed and find a way of writing in it that doesn't require lots of LIGHT to be turned on.

What I mean by that is you need to figure out how to write in the dark. Either get a pen or pencil with a small soft light attached to it, or get a reading lamp to illuminate your journal.

You could also use your phone light but you shouldn't really have your phone by your bed (unless using it as an alarm).

The best way I've found is just to get a soft glow LED lamp set to the lowest brightness setting, and then taking notes as concisely as possible in the journal. If you're doing something like the WBTB or you want to go BACK to sleep after waking up and writing your dreams down, you don't want to wake yourself up too much.

And by using a really bright light, you end up waking yourself up too much to go back to sleep and lucid dream more.

The best situation is if you can learn to write your dreams down without spending too much time doing it. Just write down some concise notes on the dream and then go back to sleep before you're too awake.

Next in the setting up your bedroom is you need to make sure you're comfortable. Being comfortable in your bed is important

because you need to be able to go to sleep fairly easily without tossing and turning.

Start by considering getting a memory foam mattress or at least a memory foam topper for your mattress. This is optional but it really does make a big difference to your sleep quality! I waited a few years before investing in my bed, and I WISH I'd done it sooner.

Next, look at getting some pillow spray, ideally lavender scented. This will help you fall asleep faster and relax deeper. This is all a very personal choice and I can't suggest anything that will work for everyone, but just make your bed comfortable, relaxing and nice to sleep in. You might want to make a dream pillow, get some pillow spray, get a mattress topper, whatever the case is.

Next, work on reducing light and noise in the bedroom.

For the best chance of having lucid dreams, you need your room to be SILENT and DARK. Block out any light that you see, including LED lights, blinking charging lights, screens, everything. You want to have a pitch black room.

Also make sure you've made any sounds as quiet as possible. If it's super loud outside your door, consider soundproofing it with some foam panels or something. Close your windows and turn off all devices.

Even having devices like laptops or TVs on standby often still makes a really quiet noise, and that could stop you from falling asleep properly.

Next is inspiration.

Your room should inspire you not only to lucid dream but achieve your goals. I like to have inspiring photos, quotes and things around my room to inspire me in the form of a 'vision board'.

You look around your room every day so it's a very easy 'hack' to just have images of dream like situations, fantasies and things like that on your walls.

The best images to have are the ones that invoke the most emotion. You really want to FEEL something when you look at the images, for example a beautiful mountain or a picture of someone doing something inspiring that you want to do.

And that's really all you need to do to setup your room to lucid dream, and for this 30 Day Lucid Dreaming Bootcamp.

Reality Checks (Are You Dreaming?)

Reality checks are very important.

A reality check is where you 'test' your reality to see if you're awake or not.

They're very important for lucid dreaming because they allow you to create a HABIT that will carry over to the dream and cause you to become lucid. They're easy to do but you've got to remember to do them.

This is another reason the 30 day template is so useful, because it tells you what reality checks to do, and when.

Let's explain a bit more:

A reality check is a physical ACTION that you do while at the same time thinking about whether you're dreaming or not.

It has to be something that has a specific result in the waking life and a DIFFERENT result in the dream. This means it has to be something that's going to TELL YOU when you're dreaming or not.

You should be able to do the reality check, look at what happened and then decide 'Oh, that MEANS I must be dreaming'. The only real way to explain this is to use an example:

1 - Finger Palm Push

This is my best reality check, and for good reason. It works. For this, you're going to hold your hands out in front of you. With the finger from one hand, try and push it through the PALM of your other hand. As you do this, EXPECT it to go through. In waking life, it will never go through, right?

But when you do this in the DREAM (And the idea behind this is that the more you do these checks in waking life, the more likely it is they'll happen in your dreams as well) the finger WILL go through. Read the last couple of lines again please, they're important.

So throughout the day, you should practice this (or another reality check of your choice) several times.

In the template, I tell you to do various reality checks on different weeks/days. They are explained here (below). Please remember that whatever the desired outcome is, that you EXPECT it to happen.

You're expecting something that could only happen in a dream to happen, so when it DOES happen, you'll know that you must be dreaming.

2 - Nose Pinching

This reality check involves holding your nose pinched shut with two fingers, and trying to breathe through your closed nose. In waking life you'll not be able to breathe but in the dream, you don't need to breathe so it isn't a problem.

3 - Looking At Your Phone Or Watch

In a dream, often the time, or text you read changes every time you look at it. For this reality check, you'll look at your phone (watch the time, or some text on the screen) and then look away, and look back expecting it to have changed.

If it has changed (by 'changed', I mean completely changed, not just gone on to the next minute or something) then you'll know you're dreaming.

Reality Check Triggers

I need to explain triggers here:

Triggers are things that happen in waking life that cause you to remember to do a reality check. They're kinda important when it comes to getting your reality checks to show up in your dreams, and they're also fun!

What you do with triggers, is you say to yourself 'every time I see xxxx I'm going to do a reality check'. And you can change xxxx to be whatever you want. Here are some of the triggers I'm going to get you using in this 30 day template.

I'll use an example but the rest of them follow the same pattern and are fairly self explanatory. Follow this little guide when you're asked to use a reality check trigger (There should be one for every week).

When I first started lucid dreaming, I would just do a reality check randomly. I must have done thousands of reality checks sometimes up to 50 a day.

But you know what I learned?

Not all reality checks are created equal!

If you're sitting in your room all day doing nothing or reading, doing 50 reality checks, nothing's going to happen. now imagine you LEAVE your room and go and meet someone new that you've never met before, THAT'S the perfect time to do a reality check!

Because it's a variation from what you've been doing all day. Variety and novelty are the key to getting reality checks to show up in your dreams, and make you lucid.

Trigger - Whenever you hear someone laughing

So you'd start by saying to yourself in your mind (or out loud) that THIS is your trigger, and whenever you hear/see THIS (someone laughing, in this case) you're going to remember to do a reality check.

Practice by imagining someone laughing and then doing a reality check. I know this sounds weird or sounds like it won't work, but trust me it will! I've spent a long time refining these triggers.

For the first hour or so of that day, be EXTRA aware and listen out for your trigger. It's easy to forget about the trigger and just go about your day without doing anything, but if you push through that and really focus, you'll get it.

You'll get to the point where you AUTOMATICALLY remind yourself to do a reality check when you see or hear the trigger.

That's the goal here, to get to the point where the trigger just automatically makes you remember the reality check. It's known as your 'prospective memory'.

This is the act of remembering to do something in the future.

It's important for lucid dreaming because it's training your mind to remember to do a reality check in the future, when you're dreaming.

The idea behind this is that among other things, it trains your mind to be more aware.

It's very likely that by following the plan and doing a reality check every time you get triggered, the SAME trigger you're using will happen in a dream and will cause that prospective memory to fire up, making you do a reality check in your dream.

So look at the set 'trigger' for the given day and tell yourself 'Every time I see/do/hear xxxxx, I'm going to remember to do a reality check'. And then remember also to look out for the trigger, especially at first and remind yourself to be on the lookout.

If it helps, to start off with, you can write 'look out for trigger' or just 'trigger' on your wrist, so you'll be reminded throughout the day to look out for that trigger and do a reality check along with it.

Other reality check triggers you can use:

- Whenever you think about your loved one
- Whenever you trip, stumble or fall over
- Whenever you handle money, or see someone doing it
- Whenever you see a flower or flowers
- Whenever you see a cat or a dog
- Whenever you hear someone laughing
- Whenever you hear a car horn
- Whenever you touch your phone
- Whenever you see yourself in a mirror or reflection
- Whenever you see a blue car

- Whenever you look at someone directly in the eyes

Exercises Mentioned In The Template

These are the exercises (or bolded words) mentioned in the 30 day template, in no particular order. I'll explain how to perform each one along with a little bit about why it's included and how it works.

Visualisation Of An Island

This exercise is all about building your imagination and creative skills. It's about relaxing too, but mainly building your creativity and opening up your mind to this sort of thing.

It's a great exercise for getting you used to the idea of lucid dreaming if you're new, and it's also great for relaxing if you're more experienced.

For this exercise, you're going to sit down or lay down somewhere comfortable. Remove any distractions such as noises, lights and close any doors. Make sure you're not going to be interrupted and put your phone on silent.

Start by closing your eyes once you're comfortable, and then start to relax your muscles and stop focusing on anything in particular. Once you've relaxed your muscles and your thinking try to start imagining an island.

At first, just picture the 'idea' of an island but as the image becomes more clear, start looking for the details as well. Look at how the waves lap at the sand by your feet.

Hear the birds in the background behind you.

Feel the soft breeze on your face.

This might be different for you and it should be different for everyone in fact. The way I would imagine an island is not the same as you, or other people etc...

The point is that you're going to visualise your interpretation of a relaxing island. Let the image just create itself and don't try to 'force' anything.

If you find yourself seeing lots of plants and trees in the island, that's fine. If your island is just sand and one bench, that's also fine. It's all about getting used to visualising things and just letting the scene 'create itself'. It will become easier with practice.

Don't set a time limit for this, just do it until you feel like you've successfully visualised an island and pictured all the details that it brings with it. I know this might sound a little weird, but stick with it and give it a go!

Using A Mantra (Exercise)

A mantra is a repeated phrase or word.

It can be used to drill an idea or concept into your mind and make sure it sticks in there. It's great for other things like personal development or changing your beliefs. It also can be used very effectively for lucid dreaming.

The way this works is you constantly repeat a word or phrase to yourself until you truly believe it and it stays in your mind.

For this exercise we're going to use a few mantras. You can pick one you like the sound of the most or you can try a different one each time you're asked to do the mantra exercise on different days of the 30 day Bootcamp.

We'll go through some mantras here and you can decide which one you want to start with.

The way this is going to work is that every time you're asked to do this exercise, you're going to repeat the phrase to yourself slowly over and over again for 5-10 minutes.

In the same way that you'll do the meditation exercise, just make sure you stay calm and when you find yourself thinking about something else or your mind wanders, just bring it gently back to focusing on the mantra.

Mantras -

- 'I will lucid dream tonight'
- 'Tonight when I'm dreaming, I will recognise that I'm dreaming'
- 'I will be able to control my dreams tonight'

- 'Lucid dreaming is easy for me'
- 'I can control my dreams every night'

The Imaginary Conversation

For this exercise you're going to pretend to be talking to someone. If it helps, visualise a person you know in your mind and just imagine going through a conversation with them.

You can talk about anything but it's important you give them time (in your imagination) to reply to what you're saying. This helps train you to be aware while things are happening in your imagination. I'm not entirely sure how or why this works but I've found that it really does help!

Lucid Dreaming Techniques

Here are the techniques I said to use in the 30 Day Lucid Dreaming Bootcamp.

I'll explain the techniques here briefly, and link you to the articles I've written on them for a more detailed explanation.

For more information on these, please refer to the links I've included here, but the basics of the techniques are fairly simple and easy to grasp.

WILD (Wake Induced Lucid Dream)

This technique is a very common one and involves keeping your mind awake while your body goes to sleep. You can do this combined with the WBTB technique (shown below) or you can do it just naturally as soon as you go to sleep.

The basics are as follows:

Lay down on your bed and relax ALL your muscles.

Make sure you're not tensing ANY muscles, and focus especially on your shoulders, jaw and neck. These are the muscles that tend to tense up without you realising it.

Relax everything and don't move. Then focus on your breathing. Make it relaxed but don't force it too much. Just LET it relax and become deep and powerful.

You might find it useful to count your breaths in the same way as when you do the meditation exercise mentioned here.

Next you're going to concentrate really hard on keeping your mind awake while your body goes to sleep. As you do this, several things will happen.

You'll notice that your thoughts will want to drift at first. Just like when you meditate for the first few times, you need to focus on bringing your focus BACK to what you want it on.

You'll find that especially if you're tired, you'll drift into random thoughts about unrelated things. When you catch yourself doing this, bring your focus back to what you're trying to do which is as follows:

The way the WILD technique works is that you're going to keep your conscious mind awake while the rest of your body goes to sleep. This means you're going to intentionally stay awake through sleep paralysis.

Sleep paralysis is a natural process that happens to everyone ever night (except those with sleep disorders). It's how your body stops you from acting out your dreams.

Essentially your mind paralyses your body when you enter the first stage of sleep so you can't move around in the night. This is a good thing, as it stops you from trying to run out of the bed when you have a bad dream.

It CAN be a little bit scary when you stay awake during this process. People report feeling 'trapped' or like there's something pressing down on their chest.

This is normal, and if you just understand how it works it's nothing to worry about. It's a natural process which happens to everyone.

Staying awake DURING this process is the strange part because most of us haven't done that before. Staying awake during it, you'll notice things like a weight pressing down on you, or even hallucinations of a figure in your room as you go from being awake to dreaming.

This is NORMAL, and nothing to be concerned with. It can be scary at the start but please keep reminding yourself it's a dream and it's normal.

This is what everyone would experience every night if they tried to keep themselves awake during this process. Just remember that a few minutes after this 'scary' experience, you'll have beautiful lucid dreams.

This leads us to the next part of this process:

After a few minutes of this, and provided you've not been moving at all you'll start to hear and see things. These things are normal 'hallucinations' that people see when performing the WILD technique.

They can be shapes, lines, patterns, or colors. It might even be fragments of memories, or other dream scenes. Don't try to interact with these things at first.

Just let them happen without judging them and trying to control or 'inspect' them. They'll pass and you'll enter the lucid dream. Let the images happen, and try to not get too involved with the sounds either. You might hear people talking, animals, or random noises.

Don't try and listen to them, just let them happen. The more you try and interact and respond to these things at first, the more likely you are to just end the dream and wake up.

After a while you'll notice that these visualisations and sounds become MORE vivid. They'll come so clear that after a few minutes (probably about 10-20) you'll be able to interact with them and actually just enter the dream.

You'll notice that interacting with the world around you becomes easier and easier. You will need to at some point do a reality check to make sure you're dreaming.

The whole time you're doing this, constantly tell yourself in your mind 'I'm dreaming, this isn't real' but also focus on remembering that you're still 'awake'. Remind yourself that you're keeping your mind awake but the things around you are a dream.

This will allow you to enter the dream.

That's it. The technique is simple, but not easy. Please remember this: when I ask you to do this in the 30 day challenge, please don't be angry if you can't do it.

This is not an easy technique and for some people it takes weeks and weeks of practice. Don't worry about this. The fact that you TRIED it on the days I ask you to is more than enough.

It doesn't matter if you haven't ACTUALLY had a lucid dream using this technique, the fact that you've tried, (and kept trying on the other days) is the main thing, and that's all that matters. Don't lose focus, and don't give up.

Keep trying and keep going even if you don't get results with this straight away. More on the WILD.

WBTB (Wake Back To Bed)

This technique is very similar to the WILD. You're going to set your alarm to go off during the early hours of the morning, about 6 hours AFTER you've gone to sleep. A common time for people to set this alarm is about 4AM. At this time, just wake up for a moment, turn off your alarm and if you need to, go to the toilet.

Then get back into bed, and get as comfortable as possible. Now from here, you're going to pretty much follow the exact steps from the WILD technique (shown above).

It's more likely to work now, because you're doing it during your longest period of 'REM' sleep. This means 'rapid eye movement' sleep and it's when you're most likely to have long, vivid dreams that could be lucid. [More on the WBTB.](#)

MILD (Mnemonic Induced Lucid Dream)

This is a slightly different approach:

The MILD technique is 'Mnemonic induced lucid dream' and involves repeating things to yourself again and again.

This is a really easy technique and the instructions aren't that complicated. To start with, get some paper and a pen, and write out these 5 sentences:

- 'I will be able to control my dreams tonight'
- 'I will lucid dream tonight'

- 'I will realise that I'm dreaming tonight'
- 'I will be able to control my dreams easily tonight'
- 'Lucid dreaming will happen regular for me'

And then just write out or say each one about 20 times.

You can do this really as often as you like, so don't get bored by writing it out or saying it thousands of times, but treat it as an exercise. The more you say these sentences, the more you'll REALLY start to believe them and you'll be able to see them come into play.

Articles On Lucid Dreaming

I mentioned for some of the days that you should read articles about lucid dreaming.

- Using dream portals to teleport to other places
- Talking to dream characters and why it matters
- The cinema technique: being more focused with less effort
- Common problems people have and how to solve them

Films About Lucid Dreaming

There are certain films which have a certain FEEL to them and inspire lucid dreams. These are films that I personally think worked really well for inspiring more powerful and exciting lucid dreams.

If you don't want to watch these, you really don't have to, they're merely my personal suggestions. for more, you could see my longer **list of lucid dreaming movies here**.

In no particular order:

- Inception - This is all about shared dreaming. Really creative and exciting!
- Chronicle - This film features lots of telekinesis. (Moving objects with your mind)
- X-Men - Lots of superpowers featured here, great inspiration for superpowers.
- Cloud Atlas - Very 'trippy' film about time travel/dream like worlds

What To Do After The First 30 Days

Well, hopefully by this point you've had some results!

Either you've had a lucid dream/s or you've come close and had a strange experience that was noticeably different from a normal dream/sleep.

If not, read on and I'll explain what to do:

Assuming you've had some sort of experience like this, from here you should carry on practicing the same things.

This has hopefully opened you up to the world of lucid dreaming, and from here there's a lot to learn. I've been doing it for years and I still sometimes feel like I've only just started, as there's just so much you could do with lucid dreaming.

I hope you're like me, and you never get bored of it, or want to stop. I get the occasional (rare) email from someone saying they want to stop lucid dreaming and I'm thinking 'What are you talking about?' It's incredible.

It really is amazing and when you've truly experienced a lucid dream, there's nothing quite like it. You'll just want it again and again!

Repeating The 30 Days!

Here's a secret:

This template doesn't HAVE to be only for 30 days.

I'd highly recommend that you continue to follow this Bootcamp every month, maybe changing up a few things here and there.

It's a great template for getting you used to lucid dreaming and it should help you break through the annoying stage when you're a beginner.

There's a stage where you're interested in lucidity but you're just not able to get through the first difficult part of actually having a lucid dream or knowing what to practice.

Hopefully I've solved that for you with this template but if not, there's still hope. If you're on day 31 and you've still not had a lucid dream, please listen closely.

Firstly, know that it's perfectly normal.

While many people lucid dream in the first 30 days of following this, not everyone does. It's normal for it to take longer for some people. I'm 100% certain that everyone can lucid dream, but it does take different lengths of time for different people.

Please, keep going, and keep using this template until you achieve success. It WILL happen, and following this guide will make it happen faster.

If you find yourself stuck at the end of the 30 days and NOTHING has happened (unlikely) then please try it for another 30 days but try even harder this time.

Really spend the time doing the reality checks, meditating, and focusing on the idea of lucid dreaming every night before going to bed.

Not only that, try the WBTB technique and the method of setting your alarm to go off in 20 minute intervals. Keep writing your dreams in your dream journal every morning, and follow these steps to recap -

- **Every morning, do a reality check. Then write your dreams in your diary**
- **Throughout the day, do reality checks. Whichever ones work best for you but really focus on them and EXPECT the action to happen**
- **Try the WBTB technique every other night**
- **Focus, believe in yourself, and please, never give up**

Catching The 'Low Hanging Fruit'

When I got started learning and teaching lucid dreaming, there would be the same things coming up over and over again.

Simple things or changes that people could make, that would MASSIVELY impact whether or not they experienced a lucid dream. In this bonus section I wanted to share some things that will make lucid dreaming MUCH more likely for you.

Think of these like the 'easiest' things to change.

The things that are the easiest to change or start doing, but that will have the biggest impact on your lucid dreaming success. I've left this section until the end because I didn't want you to FOCUS on this and ignore the important foundations.

Hopefully you're reading this section after already trying the 30 Day Exercises, and you're looking for a little boost to give you more lucid dreams.

So firstly, and I can't stress this enough, you need to be doing the following:

- Sleeping well for about 8 hours a night (ideally track your sleep with a phone app, ring or smart watch)
- Meditating every morning and evening for 5-10 minutes each time (Follow the meditation exercise included in this Ebook)
- FOCUSING really strongly and intently on wanting to lucid dream. Imagine yourself already doing it, visualise how you think it will look and feel. Do this several times a day
- Doing several reality checks daily, either randomly, whenever you see something strange, or just by following the triggers in this Bootcamp

- Writing your dreams down every morning in a journal. Even if you don't remember anything, just write down 'no dreams recalled'

So assuming you're already going those obvious things, here are some other dream hacks or tips you can use.

Get Inside Your False Awakenings

False awakenings are the dreams we have of waking up. You might have experienced this, when you dream ABOUT waking up, and then a few seconds later you're snapped back into bed only to wake up for real.

Well, it turns out this happens fairly often when you start trying to lucid dream. So you can actually hack this, and use it to your advantage.

You see by intending to and TRYING to lucid dream, you make false awakenings more likely. It makes sense, because by lucid dreaming we're intending to wake up our mind.

So it makes sense that every now and then, we'll dream about waking up because our intent was so strongly set on doing just that, waking up and becoming self aware in our dreams.

But what happens is if you do a reality check every time you wake up, you'll almost ALWAYS have a lucid dream instead of that false awakening.

So from now on, EVERY SINGLE TIME you wake up, the first thing you do should be to do a reality check. This means usually every

time you would have had a false awakening before, you'll instead have a lucid dream.

Even if this only happens 1-2 times a month, that's still an extra 1-2 lucid dreams you'll be getting just by making this one simple change. You were already going to do several reality checks during the day, so do one when you first wake up.

Use Repetition To Your Advantage

One of the biggest obstacles to making any change, is your own mind. Specifically, your subconscious beliefs and ideas about the world, you and how you experience the world.

The stories you've told yourself for your whole life are incredibly powerful. But what happens in the case of lucid dreaming is you've probably not had much of a chance to build up a story around it.

Maybe you've only just heard about it and decided to do it. Well, what happens is that because it's a new experience, if you've never DONE it before your subconscious mind will rapidly create a belief for you.

Let's say if it starts like this:

You hear about lucid dreaming online, decide you want to experience it, and you learn a technique. You then go to bed that night and TRY the technique.

The technique doesn't work, so your subconscious mind instantly creates a story in your brain:

Lucid dreaming is a new experience that I can't prove exists YET, but the technique I tried didn't work. Therefore, lucid dreaming is difficult, and/or, I can't do lucid dreaming.

I'm VERY confident that's the case for you right now.

If not, it might be even worse:

You might have BEEN trying to lucid dream for a few weeks, months even years, without any results. And you know the bad news?

Every night or very morning you wake up and you haven't had a lucid dream, your subconscious belief has got stronger. That subconscious 'story' that says 'I can't lucid dream'. It's become stronger and stronger, to the point where now it's probably the MAIN thing holding you back.

Alright, so we know subconscious beliefs are bad, and they can hold us back from lucid dreaming. So what can we do?

The good news is your subconscious mind is pretty simple. It gives you more of what you focus on. Specifically, with lucid dreaming, it makes the story you tell yourself become true.

There's a lot of wisdom in what I'm saying here, so I hope you're paying attention because this applies to more things than just lucid dreams.

The STORIES you repeat to yourself become true. So you need to start CONSCIOUSLY telling yourself a different story, in this case, that you CAN lucid dream.

So from now on you should leverage times during the day where you're going to do something quite strange:

You're going to brainwash YOURSELF.

You read that right.

You're going to repeat the story that you CAN lucid dream over and over to yourself, until you eventually have no choice but to believe it. When you subconsciously believe it, your brain will literally help you do it. this sounds insane but I promise you it works.

This is the stuff hypnotherapists and personal growth coaches charge tens of thousands of dollars for. you just need to reprogram those subconscious beliefs.

Okay so practically, here's what you should do:

The passwords you use to login to your phone or devices, should be affirmations. Change them to things like 'I can lucid dream 3984y5' The weird code at the end is just to make the password secure.

Also, put reminder stickers on your bedroom wall. Simple messages that you'll see every day that say 'I can lucid dream'. Simple, but it works.

Create a phone background screen that says ‘I can lucid dream’, and then you’re brainwashing yourself every time you unlock your phone.

Wallpapers, backgrounds, phone lock screens and notes on your mirror. Get that message drilled into your subconscious brain that you CAN lucid dream.

Final Notes

Thank you again for taking the time to read this.

This was intended to be a supplement to any other lucid dreaming book you may have already, as a supporting product.

It was created to help keep you on track and give you a set schedule so you can practice without feeling overwhelmed.

You don’t need to panic when reading books now, not knowing where to start. This template hopefully has shown you exactly where to start, and what to practice on what days, all you have to do is follow it.

Thanks again, and good luck! Dream on.