

# ULTIMATE GUIDE TO REALITY CHECKS

Your roadmap to  
using reality checks  
for lucid dreaming





# Foreword

You're about to learn how to MASTER reality checks and get them to show up in your dreams.. But first we need to go right back to the start



# Foreword

## **Welcome to the Ultimate Reality Checks Guide!**

Use this contents page to navigate your way around or just read from start to finish! Feel free to print this out and write notes on it, whatever makes it easier for you to remember.

### **Here's what it comes down to:**

*Reality checks are a really common way of having lucid dreams, but many people find it hard to get them to WORK.*

*The main way they're supposed to work, is by showing up in your dreams and making you think 'Oh, I must be dreaming'.*

You then become lucid and are able to control the dream. Reality checks are a very commonly used method for having lucid dreams, and almost any lucid dreaming blog, website, book or course will tell you that reality checks are vital for lucid dreaming. So what's the problem?

Well, a HUGE number of people try and use reality checks, but find that they just don't SHOW UP in their dreams. Reality checks can be difficult to get to show up and make you lucid.

Sometimes they just don't show up at all, sometimes they show up and don't make you lucid. It's confusing, and sometimes frustrating because you don't know what to do.

I'm here to change all of that and make it easy once again. I've been doing this for several years and I've found a LOT of information about this. If you've been struggling to get reality checks to either:

- Show up in your dreams, or
- Work, and actually give you a lucid dream

Or if you've struggled to actually remember to do them in your waking life, then this is the perfect guide for you. It will easily show you what you're doing wrong, and what you need to do to easily fix it.

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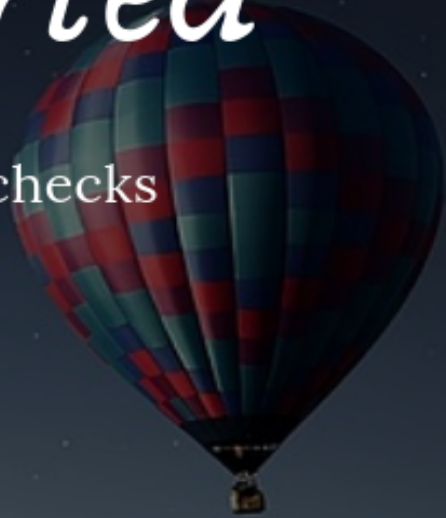
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# *Getting started*

Let's get your reality checks  
showing up shall we?



# Getting Started

**I started lucid dreaming many years ago, when I was still just a kid. I was sitting around in my room doing nothing, and I was pretty tired.**

I was at home for the whole day, and I drifted in and out of ‘naps’ over the course of the day. After a couple of naps, I had ONE that was very different. I noticed that I was in my room, but I was floating!

This led me to suddenly become aware of the fact that I could be dreaming. After that, I ran downstairs to tell my family (in the dream still), and quickly woke myself up by being too excited.

*Since then, I’ve read dozens of books, purchased various online courses, watched videos, conducted my own experiments, and learned as much as I can about lucid dreaming.*

There is ALWAYS more to learn about lucid dreaming, and even after years of lucid dreaming and starting a website teaching people how to control their dreams, I still very much feel like I’ve only scratched the surface. It feels like there is always more to learn, more to experience and more to become.

Lucid dreaming is an incredible ability with the potential to change people’s lives, but I’m sure you know that.

The chances are if you’re reading this, you’ve really struggled with reality checks in particular.

This ebook won’t go into lots of detail about induction techniques, because the chances are you already know them. Also, JUST getting reality checks right is a technique in itself and probably way more effective for you than any induction technique you could learn.

**This is specifically for reality checks, and everything to do with this aspect of lucid dreaming.**

**Don't worry though, with reality checks you have everything you need to be able to start lucid dreaming.**

If you learn and apply what I teach in this book, you'll lucid dream fast. Sure, you could learn other techniques to boost your dream count but you'll have PLENTY just by doing reality checks right.

This guide book is laid out in sections, so if at any point you want to skip a section or go back to one, you can use the contents at the start of this book to find your way around. There's a chance you might already know some parts of this, and you might want to skip to the parts you don't know.

If you're a complete beginner, please read this book start to finish and don't skip anything. Also, feel free to take notes, or print this out so you can highlight parts and read it on paper. Not everyone likes reading things on a screen.

## Why You Should WANT To Lucid Dream

I feel it's important to stay motivated when you're learning reality checks, and learning how to lucid dream. Now, the chances are that if you're reading this, you already KNOW what lucid dreaming is, and you already want to do it.

*That being said, I want to just take a moment to explain a bit more about why you should be very excited about what you're learning here.*

*Let's just stop and think for a moment about the possibilities that lucid dreaming brings.*



# What Does Lucid Dreaming Feel Like?

*Lucid dreaming feels incredible.*

If you've not yet had one, I'll try and describe it for you here. Imagine the last time you were just happy, and aware. It could be that you were sitting on a beach, the sun shining on your face and the waves gently lapping at your ankles.

**Imagine THAT freedom and feeling of happiness, amplified by 100. Now, close your eyes for a second, and then re-open them.**

As you open them, look around you and imagine that your veins are filled with power and energy.

You can DECIDE what to do, so stand up. Now, imagine THAT feeling of awareness, that feeling of power but multiplied by 1000. You literally feel like you've just opened your eyes in a new world where anything is possible.

**Rules like gravity, time, and all of that don't matter here.**

You can do ANYTHING you can imagine. If you want to fly, you can. If you want to turn the hedge next to you into a giant snail, you can. You just need to imagine what you want to happen, and then expect it to happen and it just.. Will.



You CAN feel things like pain but the feeling is backed by you KNOWING it's not real. So it doesn't really hurt, you just notice it as a sensation. You can also have sexual feelings and experiences, and they feel very pleasurable. You can do or feel anything you could possibly imagine.

# What You Can Use Lucid Dreaming For

There are SO many things you can do with lucid dreaming, but the main ones are:


- Reconnect with lost loved ones
- Play with superpowers like flying
- Solve complex problems that you couldn't in waking life
- Talk to your own subconscious
- Have sex with anyone you want (and it will feel great, too)
- Explore the dream world and get inspiration

Those are just the most common things people do in a lucid dream. You can choose what you do each time! I think if you're reading this you're already motivated to get started, so let's move into it..



# *Reality checks 101 - Back to Basics*

Sometimes to really understand something, you have to learn it again



# Reality Checks 101

Let's go back to absolute basics.

If you've already learned how to do reality checks, read this all the way through still. Read it as if you've NEVER heard anything about reality checks, and you're learning for the first time.

**A reality check is where you 'test' whether you're dreaming or not. It's a question: 'Am I dreaming?'; linked with an 'impossible' action.**

**You link the critical question with an action that could ONLY work in a dream. (This is important).**

Reality checks can SUPPORT other lucid dreaming techniques, or they can actually induce lucid dreams all by themselves. I personally prefer to use them to support other techniques. This is simply because I don't ALWAYS remember to do them during the day.

If I'm especially busy, for example, I'll use other techniques and I won't use reality checks as much. This is mainly because I have a high level of self awareness anyway, from meditating and practice.

Once you've achieved a certain level of skill and experience, you get a certain sense of awareness that means you don't NEED to do reality checks as much. The foundation to lucid dreaming however, is reality checks.

What a reality check is NOT is just an instant way to lucid dream. You have to actually practice them every day, several times a day. If you don't do that, they'll never show up. Look think about this:

If you dream about the things you do during the day, then it makes sense that the more OFTEN you do something the more likely you'll dream

about it. And that's why I suggest doing reality checks as often as you can during the day.

*BUT, that only works up to a point, and that's where a lot of articles or other guides get it wrong. You see, reality checks need to be done often, yes, but not just at random times. You need to link the reality checks to things you're LIKELY TO DREAM ABOUT! This is known as reality check triggering and we'll get into detail on that shortly..*

## How Do Reality Checks Work?

**A reality check works by reminding you to question your reality, while you're ALREADY DREAMING. Normally, when we dream we're not really aware of what's going on.**

We might remember things in the morning, but when it's actually happening, it's like we're on autopilot or watching ourselves move around as though it were a movie we can't control.

Reality checks will put you in the drivers seat, and you'll be able to decide what to do, and where to go. They'll help you to become aware and present in the dream, but you have to do them the right way!

In waking life, we become so used to the world around us that we rarely, if ever, actually question any of it. We assume that gravity always works, and we assume that when we get in the car to go to work, the road will be exactly the same as all the other times we've driven down it.

Because we have these sweeping assumptions about the world, when we DREAM about the world, the SAME assumptions and beliefs are transferred. Our minds create the dream world from our beliefs and experiences of the real world.

This is both a good and a bad thing. For most of us, it means that things like flying are going to be difficult, because we have the BELIEF and experience that humans CAN'T fly, from the waking world.

It also means however, that we can change these beliefs and expectations by thinking in a different way. When you do a reality check, you're taking things into your own hands.

**You're questioning whether the world around you is actually real. You're checking to make sure that you're not dreaming.**

And even better, you're performing an action that will ONLY work if you're in a dream. When you do enough reality checks during the day, they'll eventually 'show up' in your dreams.

This is the part that most people gloss over and that most people struggle with. I'll explain why they don't normally show up in your dreams, and what you can do about it. Before I do that, I'm going to ask you a question..

**How do you know you're awake right now?**

How do you REALLY know whether you're awake or dreaming right now? Most people don't have a good answer to that question, because everything you can possibly imagine (or so you would think) can be true of both being awake, and of dreaming.

You can say any of the following things:

- Because I can see
- Because I taste things
- Because I can move around
- Because I can think
- Because I can feel things
- Because I can feel pain

But ANY of those can also be true when you're dreaming. It's hard to define a dream and what the difference between waking and dreaming really is. I'll do it for you now.

**When you're awake, there are DEFINITE laws and structures that can't be broken. Things like gravity, time, and various other laws of physics govern the world and remain fairly constant. In a dream, these things don't always apply.**

Knowing this, you can TEST your reality by doing something that could ONLY happen in a dream world.

Things like trying to fly, trying to breathe while pinching your nose, or trying to push your fingers through your palm. These things are impossible, in the WAKING world but they can easily happen in the dream world. Changing your self awareness doesn't happen instantly. It takes time.

## The Problem People Have With Reality Checks

The main problem people have with reality checks is that they either forget to actually do them, or they do them during the day but they don't show up in the night in their dreams. I would say that most people experience a combination of those two problems.

It can be very frustrating as well, especially if you're ready to get started with lucid dreaming and you're being held back by not being able to do reality checks properly.

The good news is that it's easier to fix than you might think. You're going to need to look at it in a different way, however. You might actually need to re-learn the whole idea of a reality check, but don't worry. (That's what this book is for).

So like I said, most people find that although they know HOW to do a reality check in the day time (or at least they think they do) they can't get them to show up in the night in their dreams.

**Getting them to show up in your dreams is where it really matters, so we'll cover that in a moment.**

## The PROPER Way To Do A Reality Check

To do a reality check, you need to perform an **action** in waking life. This action is going to be something that has a RESULT. You need it to have a result which can ONLY happen in a dream.

An example, would be trying to push your fingers through your palm, and as this is the one I use most let's talk about that first.

### **Pushing your fingers through your palm**

This is a very common reality check, and for good reason. It works. For this reality check, you're going to hold one hand out in front of you, and then with your other hand, try and push two of your fingers through the palm of the other hand.

Now, don't worry. We're going to explain everything in a moment about how it works, but for now just try and PHYSICALLY do it.

What do you notice?

It doesn't go through does it?

Notice the feeling here, what do you FEEL when you do this?

This feeling of resistance is ALWAYS going to feel the same in waking life. Now do it again, but this time REALLY expect that when you try and push your fingers through, they actually WILL go through.



**It's really important that you EXPECT this to happen.**

I know lots of you will be thinking 'well, that's silly, I KNOW my fingers won't go through, so why bother trying?'. That's the reason right there that most people fail with reality checks.

They don't EXPECT the result.

What usually happens with this, is people will do their reality checks during the day, and more often than not, they'll either not see them in their dreams or they WILL see them, but nothing will happen.

**The reality check won't cause them to become lucid, because they didn't EXPECT the result to happen when they did them in waking life.**

It's really important to make sure that every time you do a reality check you really do expect the result to actually happen. If not, you're wasting your time. It will only work when you expect it, and I'm going to keep mentioning this throughout this book because it's very important.

So, you've got used to the FEELING of this reality check now, but what next? Well, you need to ask yourself a question at the same time as you're doing the physical action. You need to ask yourself this;

*'Am I dreaming?'*

**This is the most important part. You need to ask yourself this question, and ask it as though you didn't know the answer.**

What I mean by this is that when you're awake, you're usually going to have a fairly solid idea of the fact that you're awake. You sort of 'know'.

But you need to put that aside when you do a reality check. When you do a reality check, you're not going to assume anything. Don't assume that you're awake, and don't listen to the voice in your head that says 'this is silly, you KNOW you're awake'.

Think of it like a game. You're going to pretend that you don't know whether you're awake or not. You're going to pretend that everything around you could just be an illusion.. A dream.

You NEED to really doubt the fact that what you see is real.

Really doubt it.

**Question it as though you were trying to wake up from an illusion. Do this every single time you do reality checks.**

Look at the details around you, the texture of the walls, the patterns on the carpet under your feet.. Everything. Really question whether you're awake or not, and whether everything around you is REAL.

You should do this questioning at the same time as you're doing the PHYSICAL reality check, in this case, pushing your finger through your palm. So as you're pushing your finger against your palm, ask yourself, 'Am I dreaming?'. What you're doing here, is you're training your mind to not take things for granted... Training yourself to be more critical and aware.

You're training yourself to question the world around you and really doubt whether it's real. By doing this, your mind starts to be more critical of what you see, and you slowly stop assuming that everything is real just 'because you can see it'.

This is what lays the foundations for being able to wake up your mind in your dreams and become lucid. If you've done what I just said, you're

one step ahead of most people who learn about lucid dreaming and try and do reality checks the wrong way.

When most people dream, the part of their mind that is self aware, is asleep. They just blindly dream and have no control over it, because they're not used to questioning whether what they experience is real or not.

We're going to be different. So from now on, try and be much more critical of the world around you. Look at the finer details, and question everything. You'll find that as a side effect of doing this, you'll start to notice little things around you that you didn't before.

### **To recap:**

- *A reality check is where you test your reality and find out if you're dreaming. You need to act as if you DON'T KNOW whether you're dreaming or not*
- *You must perform a physical action that will have a specific result in the dream, like trying to push your finger through your palm*
- *As you're doing the physical action, ask yourself 'Am I dreaming?' every single time. Do these things slowly, and mindfully*

Before we go on to explain some other reality checks you can use, let's just talk a little bit more about the physics of them. I know I've already said this, but I just want to go over it again because it's really important to the success of reality checks as a whole.



When we sleep and dream, the logical section of our brain shuts off. This makes it difficult to reason with ourselves. Our brains could very easily trick us into believing anything is real and possible.

For example, you could be walking down a street in your dream, and there could be a floating car and your dreaming mind would simply


think 'Oh, cool another floating car'. It wouldn't think anything is odd because your logical mind is asleep. It just accepts the world around you.

**This is why most people don't lucid dream.**

You need to train your mind to be more critical of the world around you. You do this by doing reality checks a lot during the day. So, let's talk about the physics..



# *The PHYSICS of reality checks explained*



The chances are you're doing the  
actual action wrong

# The Physics Of Reality Checks

You know that the idea is you're going to perform an action which has ONE result in waking life and ANOTHER result in a dream. You're doing something that can't happen in waking life but CAN happen in a dream.

So for the example of the finger palm push, the finger WON'T go through your palm in waking life, it's impossible. But it CAN in a dream. That's the important part.

The reality check has a different result in a dream than it does in waking life. That's how you know you're dreaming when you see the dream result happen.

But it's not quite that easy. And this is where most people go wrong with reality checks. When you do the reality check in the day time, you need to actually expect the 'dream action' to happen.

What I mean by that is, let's say that the result of the reality check that you want to happen in the dream is called the 'dream result'. The 'dream result' is the result that can only happen in a dream. It's something that's impossible in waking life.

So you want the dream result to happen so you know you're dreaming. So when you do the reality check in waking life, you MUST expect the dream result to happen.

Don't just do the reality check and see what happens.. You need to expect the dream result to happen. You should be surprised when it doesn't happen. If you don't expect it to happen, then you'll end up getting bad results.

You'll experience what happens to most failing lucid dreamers. You'll be in a dream, you'll do a reality check, but it won't do anything and you'll

just keep dreaming normally, NOT lucid. What I mean is, the dream result will never happen, because you've never expected it to!

You don't want that. You want to go into a dream, do a reality check, see the dream result and instantly become lucid.


That's what we're aiming for here. So, make sure that every time you do a reality check, once you've worked out what the 'dream result' is, expect it to happen. See it happen in your mind before you're doing the check, and during the reality check.

Hopefully this is making sense. Let's move onto some other reality check examples. With each one, I'll explain what the 'dream result' is and what you should be looking out for.



# Reality Check TUTORIALS

How to perform specific reality checks the right way. They're not all the same and some are far more effective than others..





# The Most EFFECTIVE Reality Checks (Tutorials)

## 1 - Pinching Your Nose And Trying To Breathe

This reality check involves you pinching your nose shut and trying to breathe through it. In a dream, you'll easily be able to do this, but in waking life you won't.

Now, of course be careful with this one, don't make yourself light headed just to do a reality check. You can try this one for just a few seconds, just long enough to work out if you're able to breathe or not.

This is a strange one to practice, because it's something that people around you probably will notice. I've had lots of awkward conversations with people when they see me using this reality check. They ask things like 'are you going to sneeze?'. Sometimes it's easier to just say yes and move on with your day.

Sometimes I explain that I'm doing a reality check for lucid dreaming, and I get blank stares in response. It's up to you how you deal with that, but be aware that this one is noticeable when you do it in public. I'd suggest tailoring your reality checks to where you are.

Say if you're in public and you can't really do this type of reality check easily, maybe do a less noticeable one with your hands, like the finger palm push. You could even do a mental reality check if you're really not able to move your hands and make motions like that.

It's important when you do this one that you really do block your nose. It's no good if you can still breathe through your nose when you do it. It

might hurt a little bit if your nose is sensitive, but make sure you definitely can't breathe through your nose when it's being pinched.

Once it's pinched shut and you're sure no air can escape, THEN try and breathe through your nose while expecting to hear a 'whooshing' sound of the air going through your nose. This helps you notice the breathing when you're in a dream later.

## 2 - Moving Objects With Your Mind

Look at an object and try to move it with your mind. This is a little more difficult than most other reality checks because you're going to find it difficult to break the subconscious belief that you can't move objects with your mind. That being said, give it a go!

Here's what you do. So with normal reality checks like the finger palm push, you'll do the action or attempt to do the action, and then observe the results. That's EXACTLY how you do this reality check too.

So the ACTION is moving objects with your mind. The physical action you do to initiate that can be something simple like holding your hand out in front of you pointing towards an object, and then imagining it moving up into the air.

It helps if you've seen films in which they use telekinesis so you can get a better feeling of what it would look and feel like to move objects with your mind. The important part is that you use your hand in front of you so you have something physical to do.

Then as you imagine the object lifting up into the air, try and REALLY expect the object to move. Just make yourself believe that when you move your hand, the object will move as well. The dream result is that the object will move. Start with smaller objects as they'll be easier to move in dreams.

What you've got to remember with this one is that it's all about your beliefs. Because you've gone your entire life BELIEVING and thinking that you CAN'T move objects with your mind, it's going to be hard to convince yourself otherwise. Once you've learned this one though, it's a really good reality check because you can do it from anywhere!

You can do it even without really moving at all, just by holding your hand out in front of you. Practice during the day holding your hand out in front of you, focusing on a small object in the room and then expecting to be able to move it just with your hand moving upwards.

This is also really effective for entering deep lucid dreams, because once you've moved an object with your mind, you're FULLY lucid and you believe you can do anything. It's a gateway to deeper and more controllable lucid dreams.

For inspiration you might find it useful to watch superhero movies or tips from old films where the characters can move objects with their minds.

**Don't treat this reality check any differently to the others. The mindset is exactly the same!**

All you're doing is just attaching an expectation to a physical action. The action only works in a dream, meaning when it DOES happen you can conclude you're dreaming and become lucid.

That's how all reality checks work, but this one might be a little bit more difficult to get started with. Like I said your mind firmly believes you can't move objects with your mind, so you have to first change that belief.

### 3 - Reading Text Expecting It To Change

**When you're dreaming and you look at some text, it appears different. What I mean is the text in a dream will often be blurry, hard to read, or just nonsense.**

It could also be JUST about readable but then when you look away and look back at it, it's changed.

You can use this to your advantage and use it as a reality check. Find some text around you. It can be a book, menu, bus timetable, or something on the side of a building. Read it, and ask yourself if it makes sense.

Can you understand what you're reading?

Now look away, and then look back at the SAME text. Is it the same? What's changed? Are you dreaming? This is a lovely reality check because firstly, text is usually all around you. You'd be surprised how often you walk by or see text in your waking life, and if you did a reality check most of the times you saw it, you'd have LOTS more lucid dreams.

Secondly, it's pretty hard to get a fake results. Most of the time we're aware of what text looks like, and you'll instantly KNOW if the text you're reading is jumbled up or readable.

It's a good one for beginners although not the one I use all the time these days.

Try looking around you at various bits of text. A good one to start with is just putting your phone background as some text like a quote or something small and easy to read. That way you have it with you all the time, and you can always do that reality check.

Also a phone is something that makes you look down at your HANDS which is a good reality check in itself! So it's sort of like a double reality check, you look down to read the text and also notice your hands.

People report that just by looking at their hands in a dream, they often either become lucid, or STAY lucid for longer. I know that every time I need to stabilise the lucid dream, I'll stare at my hands and then back at the dream scene. It almost always makes the lucid dream last longer. This is a really good one for public as well because everyone checks their phones all the time.

## 4 - Looking At Your Watch (OR A Clock)

Much the same as the text based reality check, look at your watch.

When you look away and then back again, the time will have changed. Or, what also could happen is that you'll look at it the first time and you just won't be able to tell the time.

The dream result is that you can't understand the time or the time changes when you look away.

Clocks are a great reality check if you wear a watch or see a clock in your dream, but this is probably the least effective one, just because you're not ALWAYS going to dream about or see a clock. I like to use reality checks that are always there, like moving objects with my mind or pushing my finger through my palm.

That being said if you're someone who wears a watch, you'll find this one really useful and it's a no brainer! It also works really well if you have a lot of dreams about commuting or being at work, where you can naturally see the clock on the wall all day long.

I think with this one, the best way to get it to work is just to use a digital watch. A watch with physical HANDS is much harder to inspect, but you'll INSTANTLY know if the digital time is different or wrong.

**I like to use the old fashioned red coloured digital watch face because it's so clear and obvious.**

## 5 - Rolling Some Dice (Totem)

Roll some dice and expect them to always land on a certain number. In a dream, they'll land on whatever number you're thinking of but in waking life, it's a lot more random of course.

This is technically a 'totem' reality check, and these are great fun, but they're not the best because you won't always have the totems with you. What I mean by totems is reality checks that require physical OBJECTS to perform the check.

You won't always have access to the objects throughout the day, so they're not as reliable as the other reality checks. I thought I'd include them here just for good measure though.

One thing to remember with all totem reality checks is that the object ONLY has power if you attach a firm belief to it. Don't let anyone else play with your totem, and don't play with it when you're NOT doing a reality check.

You need to make sure the ONLY time you touch or play with the totem is when you're doing a full mindful reality check. No other times! Otherwise you'll end up dreaming about the object but not even doing a reality check at all, which defeats the point. Just like in Inception, when they don't let each other see or touch their totems?

**It's because you need to make it special in your mind and firmly linked to a reality check for you.**

## 6 - A Spinning Top

Another totem reality check. Get a spinning top, and spin it. Expect that it will never stop spinning. This was famously used in the lucid dreaming movie, Inception.

When the top just keeps spinning, you know you're in a dream. This one could take a good 30 seconds to do though, plenty of time to ask yourself if you're dreaming or not.

Because it takes so long to do, I would say this is both good and bad. What I mean is, it's good to be able to do reality checks fast, and instantly conclude you're dreaming or not..

But it's also a good habit to spend longer on that reality check, and make SURE you're dreaming. I would suggest combining this reality check with another one. For example spin the spinning top, and while you're waiting to see if it's going to stop, do ANOTHER reality check.

As you do the second reality check, make sure you keep the spinning top in view, so you can easily tell whether it's spinning or not. This is more of a fun or novel reality check really, but lots of people find totems are a good and fun way of getting started with reality checks.

They'll also add to the fun and exciting aspect of beginner lucid dreamers. It's nice to have a magical element to it.

I remember when I was first learning about lucid dreaming I saw someone else in school who had drawn an 'L' on their palm to remind them to reality check. I instantly noticed it and we spoke about lucid dreaming, and it was a bonding moment.

**So it's nice to create that sort of magical almost 'secret' feeling to lucid dreaming using a totem like this.**

## 7 - Flying/Gravity Testing

This is much like the ‘moving objects with your mind’ reality check. You’re going to try and fly, or test gravity. When you’re in a dream, gravity doesn’t have to be there. You can choose to experience gravity or not. So use this to your advantage. Jump up in the air, and expect that you’ll fall down really slowly.

In waking life you’ll just fall normally, but in a dream you’ll float down slowly, as if you were on the moon. If you’re in public, this might be a difficult one to practice, so I have a solution.

Imagine yourself floating up into the air. Don’t actually move, but just imagine yourself slowly floating up into the air. It can be done anywhere, and you don’t need to move anything.

But the ACTION would be rocking forward slightly on your toes. This gives you something to DO to trigger it in the dream. It means you can actually do something that you expect will make you float or fly.





# Mixing up your reality checks

Shake it up!



# Mixing Up Your Reality Checks

**It's very important to mix up your reality checks often.**

By 'mix up' I mean change them up and try different ones every day. Not only different reality checks, but also doing them in various places, and at different times.

By mixing them up like this, you can increase the chances of having a reality check show up in your dreams. It's a great way to get fast results as well.

Sure, you can have a lot of success by just doing one reality check and then doing that WELL, but you could have even BETTER results if you mix them up and try various ones.

**Why? Because when you diversify things, your mind learns them all together, and better.**

By doing lots of different reality checks you become better at all of them. It allows your mind to stay sharp and adaptive, and it lets you find out which ones work the best for you. It's going to be different for everyone.

You might find that the finger/palm reality check works really well for you, but not for your friend. Try setting yourself a schedule, so you'd practice one particular reality check for a week, then switch to another one.

Then the week after you'd do another and so on. Make a calendar sheet of a month at a time and plan out which reality checks you're going to do on each week of the month. This only takes a few minutes but it's going to really help you stay focused.

One of the most common mistakes I see people make though, is they'll try one reality check for MONTHS without it working.. OR people will try a different reality check every single hour.

Neither of those approaches works too well. Sure, you can mix them up and every now and then, but you shouldn't keep changing that often. Make sure you stick to the two week rule before changing to a different reality check.

The two week rule is basically stick to ONE thing for two weeks, and then change it if it's not working. Keep notes in your dream journal about what's working and what isn't. This will help keep you laser focused on RESULTS and what's working.

## Changing WHEN You Perform Them

**It's important to mix up the TIMES when you do reality checks during the day. This is because you don't want your mind to get into a rut.**

You don't want it to be getting 'used to' the reality checks you're doing. You want it to be fresh and always open to new ideas so that you make the most out of your reality checks.

You want them to actually give you lucid dreams, and this happens best when you mix them up and practice lots of different reality checks at random times. Let's look at some of the BEST times of day to do reality checks.

***The time you do the reality check does matter to some degree.***

***You've got to remember that in a dream you dream about one of two things:***

- Random things that happen often

- UNUSUAL things that don't happen that often

So you have to make sure you do reality checks for BOTH things during the waking life day. Do random reality checks at various points of the day (set an hourly alarm, or just do them randomly) AND do reality checks when you see or hear something strange.

We still know almost nothing about the science of dreaming but we do know that one of the reasons we dream is to 'sort through' our memories and put them into the right places in our mind. Now, the memories we sort through are often going to be things that 'stick out' during the day.

You're more likely to remember the time you kayaked across that beautiful lake in Norway, than you are to remember your usual morning train journey. BOTH times are great times to do reality checks, but it's important to be aware of this.

Your dreams are a mixture between exciting memories from your waking life, and basic, generic scenes from places you've been to a lot, like a train station or an office. You should be doing reality checks in all of these places.

**So what that means is that you should be reality checking throughout the day, but you should ALWAYS reality check when something unusual or 'big' happens in the day. If you see something unusual, rare or exciting happen, that's a great time to do a reality check.**

Now, this is a bit of a trade off, because if you're seeing something really exciting happen you don't want to be thinking, 'Oh, I HAVE to reality check now!' because you'll miss out on some of the magic of the moment.

If you're traveling for example, you don't want to be constantly doing reality checks whenever you see something amazing or unusual.

So if you don't want to do LOADS of reality checks every time you see something exciting, you can simply ask yourself mentally, 'Am I dreaming?' every time something rare, interesting or exciting happens.

For example, this can be when you're waiting at the train station and you see someone shouting something at a train guard. Maybe this is unusual for you, so you ask yourself, 'Am I dreaming right now?' as you see it happen.

Maybe you notice a huge lorry with a REALLY strange picture on the side.. Ask yourself, 'Am I dreaming?'. Just get into the habit of doing a reality check every time you see something slightly out of the ordinary, and after a while you'll be very aware of yourself.

You'll be training yourself to automatically question whether you're awake every time something strange happens, and that makes it 1000 times more likely that you'll lucid dream.

We'll speak more about using triggers to reality check in a short while, but for now just try and reality check very single time you do hear or see something strange. It has to be something really unusual, that you don't experience every single day.

And because you DON'T experience super unusual things all the time, it's important to ALSO do random reality checks throughout the day. That way you're giving yourself the best chance for success, and covering all your bases.



# Reality check TIPS *and* TRICKS



Hmm, this is a bit unusual isn't it?  
Being upside down? Are you  
dreaming?

# Reality Check Tips And Hacks

## The 3 Best Times To Perform Reality Checks

### **1 - When you wake up!**

When you first wake up is an important time to do a reality check. Why? Because lots of people have dreams about waking up, known as ‘false awakenings’.

This is where you dream about waking up, **WITHOUT** actually waking up. People report dreaming about going about their whole morning routine, and getting into their cars ready to go to work, only to be snapped back into bed a minute later and realise the whole thing was a dream. False awakenings can be annoying, but they’re a great opportunity.

If you do a reality check as soon as you wake up every morning, it will become part of your subconscious morning thought pattern. When you build a reality check into your morning routine, you’ll make sure that almost every time you have a dream about waking up, you’ll become lucid.

It’s probably the most effective reality check to do because you’re going to have dreams about waking up every now and then, and this way you can turn them into lucid dreams. A great way to start your day.

Start doing a reality check every time you wake up in the morning, just before you write in your dream journal. This will ensure that you have more lucid dreams. It’s a great lucid dreaming ‘hack’.

### **2 - When you see something strange**

Like I mentioned before, a great time to do reality checks is whenever you see something strange. This can be literally anything, but try to stick to things that you'll likely remember later. If the train guard says something funny, or there's a strange bug on the floor as you walk out of your house.

Maybe there's a weird glitch on your phone that makes the text look all funny. Maybe there's a weird synchronicity between what you say something you see on the TV.. All of these are great times to do a reality check. They're great times because they're CLUES that your world isn't real.

These little unusual things are exactly the sorts of things that are likely to happen in a dream. This means if you get into the habit of doing a reality check when you experience them, you'll likely do the same in a dream.

### **3 - Every hour (Or other random interval)**

Set a timer on your phone to go off every hour, or every two hours. When the timer goes off, whatever you're doing, stop it and do a reality check. Do it without delay as soon as the timer goes off!

Of course, this might not be possible for everyone. If you've got a job which doesn't let you keep your phone on you or something like that, it might be difficult but you can still find a way to keep track of the time.

Just get into the habit of doing LOTS of reality checks every day and throughout the day. I found that when I was learning, having a timer every 2 hours was perfect because it was just long enough that I was starting to forget about lucid dreaming and reality checks.

Experiment with the times that work best for you but make sure that you're getting in at least 10 reality checks every single day. In fact it's also good to RANDOMLY do reality checks, several times during the day.



The idea is to embed the idea of SUDDENLY having to question your reality into your brain.

Because you're likely to dream about that, and end up lucid as a result. We actually created an app that reminds you to do reality checks, and you can set it to remind you randomly or at set intervals.

*But you could also use your phone, or a reminder on a watch or something like that.*

Smart watches are good because they can vibrate as an alarm, meaning nobody knows you're getting reminded! It can be annoying to have a loud sound that goes off every hour, especially at work but a smart watch is silent.

## How Often Should You Do The Checks?

You should aim to do reality checks AT LEAST 10 times a day when you're first starting out. This is the best number because it ensures that they'll filter through to your dreams.

Whatever you experience in the waking life will usually filter into your dreams somehow. The more OFTEN you do something, the more likely it is that you'll see it again in your dreams. You can probably see where I'm going with this.

The more often you do reality checks in the day, the more likely it is that they'll show up in your dreams. This should keep you motivated, because you know that the more times you do them, the more likely it is you'll be able to do all of that really amazing stuff like flying, exploring and being in control.

So try and get at least 10 in your day. You can go for more, but I find that after a certain point it becomes almost annoying to keep doing them.

You don't need to do 23426 checks, you just need to make sure that you do enough throughout the day and that you're staying aware of yourself and your surroundings. The enemy here, is being 'hazy' or 'blank-minded' throughout the day.

Those times where you're just sitting around at your desk not really aware of yourself or what's going on around you? They're the times that will mess up your ability to lucid dream.

You should aim to stay at least a little bit aware of yourself all day long. It's known as 'all day awareness' and it really does work. Also it's important to do reality checks EVERY SINGLE time you hear, see, or do something strange. Even if you've already done say 20 random reality checks, if you then hear something unusual, do another one.

## Doing Multiple Reality Tests At The Same Time

A great way to increase the effectiveness of reality checks is to actually do several at one time. So let's say you're using the finger palm push, you could MIX that with the nose pinch.

What you would do in this case is you would do one reality check, then wait 10 seconds, then do another one. Do this every time you would have normally done a reality check during the day.

It will really start to make a difference because you'll be getting two for the price of one, so to speak. It's important to not try and do them at exactly the same time, maybe this chapter was slightly misleading. Try and combine them one after the other, in a sort of 'reality check train'.

It's also good to do more than one if you're using totems for example, and a good one to COMBINE with a totem reality check is the finger palm push.

# The 'Followup' Technique

One very powerful technique I love using for reality checks is the followup technique. This is something I started doing a few years ago and I wasn't sure what to call it, but the followup technique sounds pretty good. It's a very simple addition to reality checks and won't take long to explain..

**Every single time you do a reality check, follow the reality check up with a question 'how did I get here?'.**

Often in dreams we find ourselves just randomly in the middle of the action, and if you can't remember where you just came from, it's very likely you're dreaming (or ignorant!).

Usually you know where you just came from. You've either been sitting where you are all day, or you've just walked down the street, or driven to work etc..

So if you find yourself unable to answer the followup question, it's likely you're dreaming. I actually end up getting about a third more lucid dreams this way because there are LOTS of times I'll do a reality check and nothing will happen..

But then I ask the followup question and in my dream I instantly think 'OH! I don't know where I just came from actually... I'm just randomly here on this mountain! Must be a dream then..'

It's such a simple hack you can do, and it doesn't take any extra time but almost no-one knows about it! So from now on, every time you do a reality check, ask yourself where you just came from.

Try and trace back your actions over the last few hours or even the whole day. Play the memories of your day back in your head as fast as you can. It will almost always make you lucid if you do this in a dream.



# Using TRIGGERS *for reality checks*



Your prospective memory holds the key to getting your reality checks to show up on their own, in your dreams randomly.

# Using ‘Triggers’ (Prospective Memory)

‘Reality check triggers’ are things that happen in a dream (or waking life) that can TRIGGER you to remember to do a reality check.

**This is also known as your ‘prospective memory’.**

Let me explain. Your prospective memory, is where you are reminded by something that happens in the future to remember to do something. The future trigger reminds you to do something you’ve already DECIDED to do when you experience that trigger.

**It’s like you’re remembering something in advance.**

The idea is that by setting up certain ‘triggers’, you can remind yourself to do a reality check in the future. Whenever you see or hear your trigger, you’ll remember to do a reality check and you’ll become lucid. That’s the basis of this little technique, now I’m going to explain a bit more about what I mean.

You’re going to tell yourself to remember to reality check whenever you see or hear SOMETHING in particular. It has to be something really specific that you know you’ll hear or see at some point during the day. This only works when it’s something specific and you know you’ll experience it during the day several times.

An example is ‘I will do a reality check whenever I hear laughter’. Now, most of us hear laughter at some point during their days, right? Usually a few times, in fact. So, for this as a trigger you would say to yourself, ‘Every time I hear someone laughing, I will do a reality check’.

Now at first, it’s not easy because you have to focus on remembering to do it, but after a few times you’ll find that you automatically remember

to reality check when you hear the trigger, because you've trained your mind to do a reality check when you hear that particular trigger.

**This is really powerful when you do it right.**

There are a few guidelines to follow here. Let's go over those, and then I'll give you a list of triggers you can use to remind you to do a reality check.

Cool? Let's go. So, the key to remember here is that you're going to try and remember to reality check when something happens throughout the day. You don't know WHEN it's going to happen! That's what's important.

You're training yourself to remember to do the action (the reality check) WHEN you experience the trigger.

This means that when you're in a dream, you'll see or hear the trigger and you'll do a reality check and become lucid. It's a great way to speed up the lucid dreaming learning curve.

Because you don't know when it's going to happen, you need to make sure it's something that happens fairly often, or you'll forget at the start when you're building the habit.

It needs to be something that's going to happen within 1-2 hours of you starting this.

That way, you'll quickly be able to build the habit. If it's something that won't happen for 6 hours or so, you'll probably have forgotten about the whole idea by then and it won't do anything.

Start with something that happens a LOT, and then you can move onto other triggers. Spend a few days on each one. You could also just spend one day on each one if you want to mix things up a bit. Try and pay

attention as you're doing this, to how OFTEN you see or experience these triggers.

*The best ones are the ones that happen randomly about 2-3 times a day because it's often enough to make a difference, but not so often that you get used to it or expect it.*

### **Here's a list of triggers you could use:**

- Whenever you hear someone laughing
- Whenever you handle money
- Whenever you see a certain type of flowers
- Whenever you go through a doorway
- Whenever you leave your house
- Whenever you get a phone call
- Whenever you see a dog

Hopefully you get the idea. It has to be something that you think will happen a good few times during your day, but you won't know WHEN it's going to happen. Have a play with it, and see which ones work best for you.

After you've gone through lots of these triggers, and practiced them for a few days at a time, you'll have a list of things that could potentially trigger you to remember to reality check. In fact, you should keep this list of reality check triggers somewhere important and safe like in the back of your dream journal, or on your phone as a note.

After a month or so, you will have practiced using several triggers, for example, whenever you get a phone call, whenever you see a dog, and whenever you hear laughter.

The idea is that every time you experience those things now, you'll think 'I need to reality check'. And even if you don't actually DO a reality check

every time you get triggered, the very thought of doing one is enough to transfer into the dream and make you lucid.

This is because every time you have that moment where you realise 'I need to reality check', you're sort of 'switching your brain on'.

In a dream, that little thought would have triggered you to become lucid. Sometimes it literally just takes one TINY spark of thought in a dream to start questioning things, and then the next thing you know, you're fully lucid.

The more you do this, the easier it gets! I can't believe that most of the books I've read haven't explained this. It's so simple, and yet it works so well. Anyway, let's move onto some more tips.

## The 20 Second Trick

**Something that really makes a difference for me when doing reality checks is to try and spend a bit longer doing them.**

I find it makes me more mindful, and they work more often.

When you're doing the physical reality checks, spend an extra 20 seconds after you think you've finished. Those extra 20 seconds will make a big difference.

You've got to remember that you're only doing a reality check for a few seconds anyway, so for it to show up in your dreams you'd have to do a fair few of them.

It makes it more likely to show up if you spend a little bit longer doing it. Make it something you can actually focus on and remember. Just having a brief 3 second thought of 'Am I dreaming?' might not be enough, so spend longer!



Take those extra 20 seconds to look around you and really question whether you're awake or not. It's better to do 3 reality checks and make each one really detailed than it is to do 30 and not really think about them or even focus on what you're doing.

Lots of people start doing reality checks and then find later that they get faster and faster at doing them. This isn't great because it means they become less powerful and effective over time.

*Always try and spend the same amount of time doing them.*

**What you're trying to AVOID here is just going through the 'motions' of doing reality checks, like a chore. If you do that, you're wasting your time and they won't work.**

It's got to be something you WANT to do and that you're really interested in. You've got to really be curious about whether or not you're dreaming or awake.

Think of it like a game and pretend that you don't KNOW whether you're dreaming or awake. Try and look around you, PROVING that you're dreaming or awake, and it's much more fun all of a sudden!

## An Example Reality Check Routine

Here's how it should look, using the finger palm push as an example:

1. You suddenly realise you've got to do a reality check, either by hearing a timer go off, or being triggered by your prospective memory
2. You take a few seconds to look around you and focus on how you FEEL
3. You hold your hands out in front of you, and slowly try and push one finger through your palm
4. You focus on how it feels. You EXPECT it to go through your hand
5. As you're pushing, you ask yourself 'Am I dreaming?'

6. If your finger doesn't go through, you should be really surprised. Look around you, does anything else seem strange?
7. Take 20 seconds longer and just ask yourself again 'Am I dreaming right now?'

**Got it? It should be a really slow and focused exercise. It shouldn't be rushed, otherwise there's no point and it won't work.**

Even when you take your time, it's not going to ruin your day or anything like that, it will take just under 1 minute.

Make sure that you build that into every reality check you do. Take longer doing them, really focus, and really expect it to work. Do that several times a day, as well as when you hear something strange and they WILL start showing up in your dreams.

It also helps to do them whenever you experience something you think you MIGHT dream about. Let's say you're keeping a dream journal and you notice that you dream about cooking a lot.

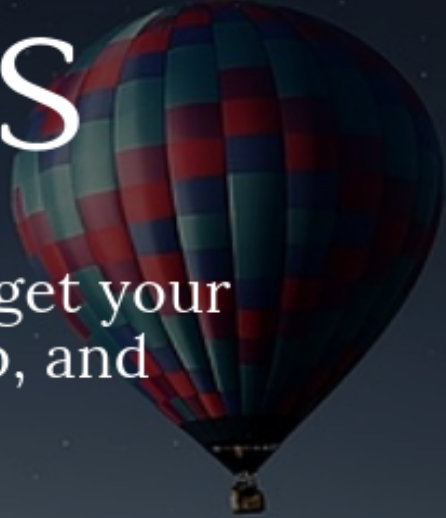
That means cooking could be a 'dream sign' and if you start doing more reality checks when you cook, they'll show up in your dreams more!

You can start to 'hack' your mind by doing this. Just by being aware of what you dream about, you can start learning about the best times to do reality checks, and how to get inside your dreams more often. But it's KEY that you write your dreams down, otherwise you'll never spot patterns or opportunities like that!



# Useful TOOLS *and* TIPS

Some things to help you get your  
reality checks to show up, and  
make you lucid..



# Useful Tools And Tips

## Supplements To Enhance Your Dreams

There are a whole load of different supplements you can use to boost your memory. I would highly suggest doing this because when you boost your memory, you can remember more dreams and therefore be able to remember more lucid dreams.

Dream recall is very important for lucid dreaming, and there are several supplements which make it a LOT easier. These are very safe natural supplements. These are a few of my personal favourite supplements I like to use which make dream recall easier, and reality checks more effective.

- **Vitamin B6:** Now vitamin B6 is great for boosting your memory because it is a fairly natural vitamin and doesn't have lots of junk mixed with it. You can find it on Amazon and other places.
- **A multivitamin:** I always suggest taking a basic multivitamin before taking any supplements. It gives your body a more balanced starting point, and you should never supplement without having a balanced and healthy diet in the first place.
- **Mugwort:** This lucid dreaming herb has been known to help make dreams more vivid and easier to remember. I've tried this and can say it does have some effects, and it's also quite easy get online.
- **Valerian root extract:** A powerful dream herb that you can use to make your lucid dreams more vivid, and more detailed.

## What If Your Reality Checks DON'T Show Up In Your Dreams

**To be honest, after reading this guide your reality checks should show up.**

For the vast majority of people, they just haven't learned how to do reality checks properly. And that's why they don't show up, but practice what I've taught you in this book and they will.

It might take some time, maybe even a few weeks or months if you're unlucky, but it will happen. Keep going and make sure to re read things if you didn't understand it. That being said, here are some common reasons peoples reality checks don't show up in their dreams..

### **1 - Your dream recall just isn't good enough**

If your dream RECALL isn't good, it doesn't matter how many reality checks you're doing in the day because you'll never remember the dream! In order to actually have a lucid dream, you need to focus on the big picture.

Reality checks are important, sure. But you need to also be writing your dreams down in a dream journal every morning, so that you remember more and more dreams over time.

Without dream recall, you could be doing the best reality check routine in the day but if you don't ever remember your dreams, how are you going to remember if you've done a reality check in your dreams or not?

Here's a quick guide to dream recall for those who didn't know, and for those who haven't heard anything about it before.

**Skip this section if you already know that writing your dreams down in a diary is important.**

### **Dream journals**

To improve your dream recall (how many dreams you remember) you must write your dreams down. Start keeping a dream journal where you write down all of your dreams every morning.

**Keep the journal by your bed and every morning, the first thing you should do is to write your dreams down.**

Write everything you remember, and if you don't remember anything, that's fine. Just write 'no dreams recalled' and try again the next day. It's important that you always write something so that you train your mind to at least try and remember dreams.

As the days go by, you'll remember more and more of your dreams. highly important parts like places, people, events and feelings. Make sure you always write the date, and at the top write down things like what techniques or reality checks you've tried that day, and what supplements (if any) you were taking.

This way you can look back and see what was working for you. There's more to dream journals, but for now that's all you need to know. Okay, back on track now.

## **2 - You're not focused enough**

Another reason your reality checks might not be showing up in your dreams is that you're not focusing on them enough. When you do a reality check you really need to focus on it and pay attention to everything going on around you.

**This means all the little details that you'd normally ignore.**

**Focus on all the tiny things like:**

- The feeling of your feet on the ground and against the sides of your shoes

- The sound of your breathing
- The feeling of the blood rushing through your veins (you can actually feel this if you really focus)
- The feeling of the air/wind on your neck and body
- The colours and textures of the scenery in the background

And everything else. Anything else you can think of. Take it all in and be very mindful when you do a reality check. That's why I suggested you take an extra 20 seconds for each reality check, because most people don't spend long enough doing it!

### **3 - You're not mixing things up enough**

Reality checks work best when you're trying different ones every week or two. Eventually you'll find ONE that works really well for you but until then, just try them all. Rotate them around and keep a note in your dream journal of which ones you're using on certain weeks.

*You will be able to look back and say 'Oh, that week I was doing THAT reality check, and I had more lucid dreams.. That must be the one that works best for me'.*

Don't be tempted to get comfortable and just do ONE thing. This applies to lucid dreaming techniques and ideas as well, by the way! Variety is the spice of life.

If you're really struggling to have your reality checks show up in your dreams, make sure you've read that last section and you're doing all of the things I mentioned. Try that for another week or two and believe in yourself.

99% of the time, if you do all of that, your reality checks WILL start showing up in your dreams and you WILL have lucid dreams.

**Important:** If you're worried that your reality checks aren't showing up in your dreams and you can't remember much of your dreams, THAT'S your problem! Focus on dream recall FIRST, and then come back to this guide and learning reality checks.

You should ideally be remembering at least 1-2 dreams per night before you attempt lucid dreaming techniques and before you start getting serious about reality checks.

That being said, you can in fact lucid dream when you only remember 2-3 dreams per week. Think about it, you only really need to be having ONE dream a week to lucid dream, because you could just get lucid in THAT dream.

This stuff just seems to work better when your dream recall is setup first. You may also find that by attempting lucid dreaming, your dream recall rate improves as a result.

To boost your dream recall, it's almost ALL about just writing your dreams down every morning and making a commitment to trying to remember more.

To recap:

- Do several reality checks every day
- Do them at the right times
- Diversify the types of check you do
- Be very mindful when you do them
- Spend at least a minute each time doing them

Doing those things, you should see results very soon. Remember that it might take a few days/weeks to see the reality checks start to show up in your dreams. If you're doing everything in this book and still not getting your reality checks showing up in your dreams, then you can't be doing everything you read in this book.



Now, there might be other problems, and like I've said the most COMMON one is people will do reality checks perfectly, but they can't remember their dreams. If that's the case, focus on your dream recall first.

The second most common one, is people are just not having enough dreams. Meaning they're not sleeping properly. You need to be sleeping for about 8-9 hours per night, and this needs to be high quality sleep!

It's no good doing reality checks during the day if you're going to bed at 3AM and waking up at 12 in the afternoon! Your sleep has to be good quality in order for you to have quality dreams, and in order for your mind to become active during those dreams.

You get what you put in! So if you're struggling, consider how your sleep quality is doing. Try going to bed at a sensible time like 9-10PM and then waking up at 5-7AM every day for a month. That will fix 90% of the problems you could be having to be honest, but most people don't like hearing that because it involves a bit of work and effort.

**Trust me, it's WELL worth the effort of improving your sleep, because once you're actually lucid and it WORKS, well.. you're in for an adventure!**

## What To Do Once You're Lucid!

Okay, so you've learned how to do reality checks properly, and you've been very good at practicing them for a few days and weeks. Now, you've just done a reality check, and become lucid!

**Now what?**

Well, from this point, the choice is yours. At the moment you become lucid, (especially if it's your first time) you'll get very excited. What will probably happen is you'll get so excited that you'll wake yourself up.

You won't be able to contain your excitement and you'll usually run around the dream showing 'I'm dreaming! This isn't real!'. At this point you'll wake up.

Don't panic, it's normal. I remember when I first had lucid dreams I used to wake myself up after just a few seconds, because I didn't know what to do! I just sort of panicked! After a few lucid dreams, you'll be able to focus more and stay in the dream longer.

**Fly:** Look at where you want to go, and expect that you can fly easily. If you look down, just be completely calm and relaxed safe in the knowledge that you control the dream and you won't fall.

**Explore:** Go wherever you want. The dream will create itself as you walk around. What's actually happening is your dreaming mind is experiencing the world that your powerful subconscious mind is creating, but it will feel like you're exploring a new world.

**Have sex:** Dream sex feels great! Usually, you can just walk up to someone you want to have sex with and ask them to have sex with you, and they will. You can also try and find celebrities to have sex with as well.

**Ask the dream things!** This is where it gets fun. The dream is a very intelligent thing. It's made up of your subconscious mind which is a POWERFUL part of your brain. By asking the dream questions, you can directly talk to your subconscious and learn very interesting things about yourself.

## Going BEYOND Reality Checks

*You've now learned enough to be able to effectively use reality checks to have lucid dreams. The things you've learned in this Ebook WILL give you lucid dreams if you actually follow them.*

Please make sure that you really do follow this guide and practice it solidly for a few weeks at least. It takes time to get results and you'll likely need a few weeks to get used to doing reality checks the right way. Don't get discouraged, and please keep going. You will get the hang of it in the end and it will be 100% worth the wait.

There are lots of things you can do once you've mastered reality checks. You can now easily induce lucid dreams by testing your reality, but what next? Well, there are lots of things you can do from this point.

Reality checks are the base for the rest of your lucid dreaming success. Once you've mastered them, you can start to learn lots of other things. Make sure that you really take the time to master them though.

They'll provide the foundation for everything else you're going to be doing. I would actually suggest reading through this Ebook again, and then reading it every time you're struggling with reality checks.

It's a great idea to print it out if you are able to, and keep it by your bed or desk. This way you can always refer to it if you get stuck or need some ideas.

Dream lucid!

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