MEDITATION FOR DREAMS

Boost your lucid dreams and feel better



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Foreword



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Foreword

Welcome to the meditation for lucid dreams guide. This will serve as an introduction to meditation, and how it can really help you with lucid dreaming.

I should explain that this book is focused on meditation FOR LUCID DREAMING mainly (If you don't know what lucid dreaming is yet, don't worry, we'll cover that as well) mainly, but you can still use it to get a great introduction to meditation in general, so there's something for everyone here.

There are also multiple very interesting health benefits to meditation, which we'll get onto in a minute. It's a life changing habit and it's WAY more than just sitting in a chair doing nothing with your eyes closed, as many people seem to think..

Meditation is probably the number one thing that's helped me advance in lucid dreaming and life, and get beyond the basics.

It really helps you achieve a better life, be happier and have more emotional and physical energy throughout the day.

The short story, is that meditating really does help you to lucid dream, and have a better life and mindset. We're going to go over some basic meditation techniques and ideas here.

Whatever your views on meditation, try to approach this with an open mind, and don't judge anything until you've tried it yourself.

I know it can seem strange at first, and especially if you've never really tried to meditate before, it can feel like you're just being silly. A lot of it involves sitting still, not moving and trying to to think of anything for up to an hour, but don't let that put you off. We'll start off really small with just meditating for 3-5 minutes and getting to grips with how it feels.

Like any new habit, it will be difficult at first, most good habits are. But once you've built it into your routine, it will become as much a part of your morning as having breakfast or brushing your teeth. It doesn't take long, and they actually say if you don't have time to meditate in the morning, then you need it more than anyone else!

It's been said meditation GIVES more time than it TAKES. Of course it doesn't ACTUALLY give you more time in the day but it does make you feel like you have more time, because your mindset is changed. Anyway let's get into it and just start practicing it!





Introducing Meditation



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Introducing Meditation

Meditation essentially means to calm your mind and/or directing your focus to either nothing, or something specific.

It can mean sitting down in a quiet room and breathing deeply, or it could mean sitting on top of a mountain sitting down and focusing on what you want to achieve in the next year.

There are many different types of meditation, but they all revolve around focusing on SOMETHING. Whether it's nothing, or a specific object or goal.

I know this sounds vague, but read this whole book and I promise you'll understand it all.

Meditation is all about cutting out all the 'noise' in your mind, all the internal conversations and chatter and just focusing on either nothing or something specific like your breathing, your feeling in your body or a life goal you want to achieve.

There are many ways of meditating, but often you don't need a complicated technique or routine. A simple one will do just as much good for you. It clears your mind, improves your health and reduces the risk of things like cancer. It also slows down ageing, gives you more energy and makes you a more focused and happier person.

How Meditation Affects Your Brain

Meditation has a very real, measurable effect on your brain and this has been shown in multiple studies. The effect it has, is that it LOWERS activity in the part of your brain called the 'DMN' or the default mode network.

The DMN is what could also be called your 'monkey mind' or monkey brain, which you've probably heard if you've read articles on self development, procrastination etc...

It's the part of your mind that's always in dialogue with yourself, talking away and moving randomly from one thought to the next. This part of your brain and this system is strongly linked to being more anxious, paranoid, and ultimately, worse off in life.

Make The 'Monkey Mind' Go Away

It's important to limit how powerful the DMN can become, and how often your 'monkey brain' gets to take over. By meditating, you massively reduce the effect of the DMN and you stop your brain wandering from thought to thought so randomly.

Being in the DMN state makes you unhappy, unfocused, and can even make you ill, if you stay in that state for long enough. It makes you anxious, worrying about every little detail. Long term if you remain in that state all the time you can actually be more likely to become ill or suffer from a weak immune system as well.

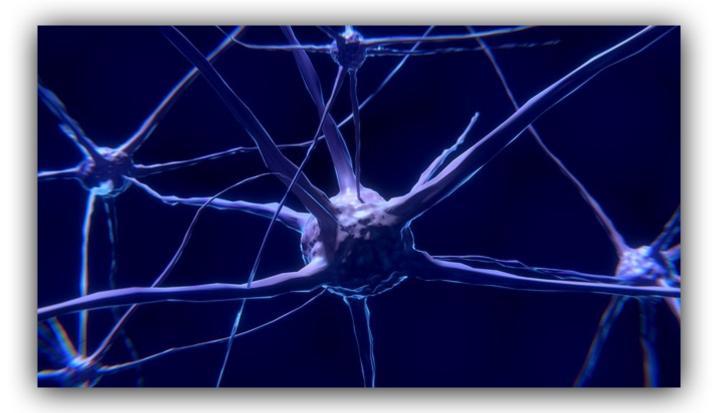
It's important to keep the monkey in check, and behind bars! Meditation helps you regain control and think more clearly. A word should be said about control however, because we're not aiming to control our thoughts. Instead, we're aiming to rise above them and be aware of them.

There's a huge difference, and that's another thing we'll cover later on. Control is not the goal here, although it might well be the result.

You're just trying to become AWARE of your thoughts in a peaceful way, so you can allow them to happen, without being forced by your monkey mind to interact with them and get stressed out about them!

The effect that meditation has on the DMN and other areas of your brain is so powerful that it rivals most antidepressants, and can help you regain control of your life if you suffer with depression. If you don't suffer from depression, meditation can make it much less likely that you'll ever suffer from it in the future. Meditation is some powerful stuff.

When you meditate, you increase cordial thickness in the hippocampus. The hippocampus is linked to learning and memory, and so shows that meditation can be used to improve memory, learn better and faster, and improve your mind.



Not only does it do all of that, but it also decreases activity in the amygdala which is the area linked to fear, stress, anxiety and worry. This means in layman's terms that meditation can help you worry less, be less fearful, and be happier.

I think it's clear that meditation is in lots of ways good for you. You don't ever see someone meditating in the park or in a film and think 'they're DESTROYING their body' do you? We sort of know deep down what's bad and good for us, but let's explore specifically what meditation can do for your mind and body.

5 BIG Health Benefits Of Meditation

There are a number of other health benefits that come into play when you start meditating. These are benefits that have been proved and replicated scientifically many times over, but don't take my word for it, you'll soon see for yourself.

Not many people know about these benefits, or at least, not many people who DON'T meditate know about them. If they did, they'd probably start meditating today. Let's start looking at the health benefits of meditation:

1: Improves your immune system

Meditating even for just ten minutes a day can start to drastically improve your immune system. This means the more you meditate, the stronger your immune system gets and the better equipped you are to deal with the world.

It does this through reducing your stress levels, and giving you more energy to use for your immune system. Imagine you had an extra 'shield' against illnesses. Imagine not having as many colds every year.. Imagine being almost superhuman, in terms of being protected from illnesses.

Now of course, meditation won't make you totally immune to everything, but it does improve your ability to block out illnesses naturally, and that can only be a good thing! With much of personal development it's not really about the specific habit thing, it's about you as a whole. You as an entire person, and meditation is really good at improving YOU!

2: Reduces risk of Cancer, Diabetes and Anxiety

Diseases such as Cancer are made worse/sometimes caused by inflammation. More specifically, chronic inflammation, which has been strongly linked to stress. When we're stressed, our bodies react as if they were actually physically injured.

This response over a period of time can wear down the body and make it MUCH more susceptible to things like cancer. Meditation massively reduces inflammation, stress and anxiety.

High blood pressure is another leading cause of inflammation, which contributes to cancer and diabetes. Meditation lowers your blood pressure. Hopefully you're starting to see how powerful meditation can be.

No matter what illness someone has (There are a few exceptions, but not many) meditation WILL help in some way shape or form. It either helps you to deal with the illness, or actually reduces the symptoms, and in many cases cures the illness. Almost every condition or disease is made WORSE by stress, anxiety and inflammation, and meditation REDUCES all of those things. It's a powerful habit.

3: Improves your overall mood

Meditation does a few things to you which improve your overall mood. Like we've said, it lowers blood pressure and reduces stress. It's like you've had a weight lifted from your shoulders, and you're more free to react to things that happen the way YOU want to react. The more you meditate, the more you can be in control of your emotions and your feelings.

But it's not always about control, it's just about awareness. Most of the time we don't even realise when we're feeling bad or good, or even what CAUSED us to feel that way. Mediation lets you be more in the drivers seat, and aware of what's causing your emotions.

4: Reduces depression fast!

Whenever I'm feeling down, I will do one or all of the following:

- Have a really cold shower
- Do a quick workout
- Play my guitar
- Go for a long walk
- Meditate!

And 99 times out of 100, I'll feel fine after those things.

Most times, I actually feel better than before I started to feel down. What does this have to do with meditation? Well, meditation really does help you to feel better in almost every instance. *I've NEVER meditated and felt worse or even the SAME as before I meditated. Always better.*

It changes the way your mind works in a way, so that you're less upset by negative things in your life, and more energised by the positive things. It lets you look at things from a 'birds eye' view, instead of through the 'fog' of distracting and overpowering emotions and reactions.

Imagine you've just experienced failure of some kind. A person for example who doesn't meditate would be caught up in the emotions of the problem and feel helpless. They'd be stuck and wouldn't know what to do. (I'm using this as an example, of course this doesn't apply to everyone).

A person who meditates however has a certain perspective which lets them deal better with the situation.

For me, it feels like I can see the situation from the sky, and be 'aware' of how I'm feeling, and also CHOOSE how to feel. I look at the bigger picture and all of my options. I can choose to not let things like fear, stress, worry, pain and attachment get in the way of my logical and informed decisions. I'm not saying it turns you into a robot, quite the opposite. It simply gives you more control over your emotions, and lets you dictate how you feel. You're no longer run by your emotions and other people.

Our emotions are enormously powerful in our lives, because they dictate how we feel and therefore how we act. They control our lives, but it all starts no with emotions, but with thoughts. By getting behind the thoughts and mindset the causes emotions you can understand and control your emotions better.

5: Improves your ability to concentrate

Meditation improves your ability to focus on things and sustain long periods of concentration. You'll find that you're able to just stay on track with what you're doing, and it doesn't feel as difficult.

There are times when I sit down and write solidly for hours on end, like I'm doing now to write this book. If I'd tried that about 8 years ago before I really meditated, I couldn't have sat down for more than about 20 minutes without getting bored. Now that might be practice, but I truly believe meditation played huge part in this improved focus over the years.

I used to have a real problem with attention and focus when I was in school, but since I started meditation I've been able to start focusing on things really well. I actually used to have to sit in special rooms sometimes because I was so hyper in class, and I just couldn't sit still or listen to what the teacher was saying.

Since then I've completely changed my mindset, habits and how I feel and think. It's owed almost all to meditation, or at least the focus aspect of it is. I've learned to control my attention and concentration. It didn't happen overnight but with each day I wake up early and meditate, I feel a little bit better. You can get the same result quite easily when you start to meditate.

So as you can see there are a number of health benefits, and in fact there are many more than I've explained here. There are benefits that affect other things, like your biology and the physical makeup of your brain. In short you can physically change and improve your brain, and rewire it for success and happiness.

6: Makes your brain bigger

In terms of your brain, meditation physically changes your frontal cortex. The frontal cortex is the part of your brain responsible for focus and attention among other things. In the brains of people who practice meditation, you can see a physical size difference and increased blood flow to that area of the brain. Meditators ACTUALLY have better brains, physically.

And the best part is, you can do that too. Your brain can physically rewire itself and change by meditating every day. It's like muscles in the body, you use them or lose them. Same with the brain, if you USE the frontal cortex more by meditating and focusing, you improve it.

7: Slows down the ageing process

Meditation can slow down the ageing process by lengthening your telomeres, making you live longer. Let's back up a bit though. A telomere is like a protective cap on the end of your chromosomes.

Think of it like the plastic bit on the end of a shoe lace. It stops the lace fraying at the ends. Think of the lace like your chromosomes. Naturally we have telomeres on the ends of our chromosomes which gradually get SHORTER as we get OLDER.

This leads to our chromosomes degrading, and us getting older and our bodies deteriorating. But meditating has been shown to LENGTHEN your telomeres, making the process slow down massively.

I don't know of any other habit that can literally help you live longer by slowing the ageing process down. Certainly not one that just involves sitting in a soft chair every morning, and so it's a wonder to me that EVERYONE doesn't meditate! It's so easy.

Look we know there are benefits, we've covered those now, but what about the actual act of meditating? What's it like?

What Does Meditation Feel Like?

Many people, especially those who've not yet even tried to meditate usually have no idea what it actually feels like, or what you're supposed to do. It's fair enough I guess, like with anything you've never experienced, you can only guess as to what it feels like.

Well meditation isn't really supposed to feel like anything, really.

It has more to do with what you're doing to your mind. You're doing the awesome things that we've mentioned earlier, but you're also just experiencing a deep relaxed and aware state.



This state can make you feel better, and feel like you can DO more with your day. It helps you lose your sense of time, and time can seem to stand still when you're in a meditative state.

In fact, one of the ways to know you're meditating in the right way is when you get to the point that you're not aware of how much time is passing, and you have no desire to stop meditating.

I've often found myself start to meditate, and the times when I don't set a timer, I can meditate for up to an hour or more without realising it, and still feel like only a few minutes have passed.

The actual feeling of meditation at first, is a little unpleasant or uncomfortable. This is simply because we're not used to thinking about nothing, or sitting still with nothing but our thoughts for very long. We're used to distractions, content, things to do and activity. This will feel strange at first, because you're not used to it!

After a few tries though, you'll get the hang fit and the feeling of meditation will just start to feel more natural and normal for you.

It will feel like you've just had a really relaxing bath, but you're not tired. Instead you'll have a clear feeling in your mind where you know exactly what you need to do, and how to do it.

It's like you've just completely spring cleaned your house and everything is just organised, tidy, and where it should be. Nothing seems to be able to affect your mood, and you're not stressed out about anything at all. Everything around you feels fine, happy and very right.

This is what happens when you meditate properly. When you just start out with it, it can feel uncomfortable, especially if you've never tried it before.

It's just a skill that you'll need to learn, and it won't take long to get used to the feeling. Bear in mind however that the days where you feel like you don't have time to practice it because you're too busy?

They're the days where you need it the most.

More than any other day, the times where you feel like 'I don't have time to practice meditation today, I'll learn about it and practice it another day when I don't have as many things going on in my life' are the times you need it the most.

It won't take long, and I'm sure you have 5-10 minutes spare at some point in your 24 hour day. Almost everyone does, even if you're busy.

Take the time, get it done and you'll feel so much better afterwards! When I first started it was hard to even meditate for just 2 minutes a day. I slowly built it up to about 30 minutes but these days I only meditate for 20 minutes a day.

I find that's actually enough to set you up for the day and get things going.

You can of course meditate for longer, but it depends on how you feel. You might not feel the need, but then on some days if you're stressed or really need to disconnect, you might meditate for an hour or more.





What is Lucid Dreaming?



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What Is Lucid Dreaming?

Lucid dreaming is the ability to become self aware in your dreams, WHILE you're still dreaming. It's like you can wake up your mind and experience a dream AS IF you were awake.

This means you can control what you do, where you go, and ultimately, you can do what you want! It lets you experience impossible things like being able to fly, time travel, climb up a skyscraper, or talk to a dragon.

All of the experiences you can have in a lucid dream will feel very real and tangible, and they'll all be stored in your memory, for you to reflect on later. It's a life changing experience, but this book is not here to teach you how to lucid dream.

This book DOES assume that you know how to lucid dream already, but just in case you don't and would like to know, it comes down to this:

- Start writing your dreams down every morning, even if you can't remember any. Just write 'no dreams recalled' and it builds the habit in your mind. After a while you'll be able to naturally remember more dreams.
- Meditate every day using the techniques in this book, and you'll naturally start lucid dreaming more anyway.
- Try doing various 'reality checks' throughout the day. A reality check is where you test whether you're dreaming or not. A simple reality check is to try and push your finger through the palm of your other hand. In waking life, it will never go through your palm, but in the dream, it will. The idea is that by doing these reality checks all day (at least 20 times per day) you'll eventually be doing them IN YOUR DREAMS and you'll see that your finger DOES go through, and you'll conclude 'I'm dreaming!'.

Finally, if nothing else is working, set your alarm for 6 hours after you've gone to sleep (so if you go to sleep at 10PM, your alarm should go off at 4AM) and when it goes off, wake up, turn the alarm off and then lay back down.

Now, close your eyes and relax all your muscles. Don't move at all, and focus on one thing 'I know that I'm dreaming'. Tell that to yourself over and over again in your mind as you fall back asleep. Because you're already tired, and you've woken up just as you're experiencing the longest periods of 'REM' sleep (rapid eye movement) you're much more likely to lucid dream.

The feeling you'll get if you do it right, is that you'll drift into a dream but with your MIND still being awake. It will feel like you're slowly focusing on a film that's playing and it's coming into focus after being blurry for a few minutes.

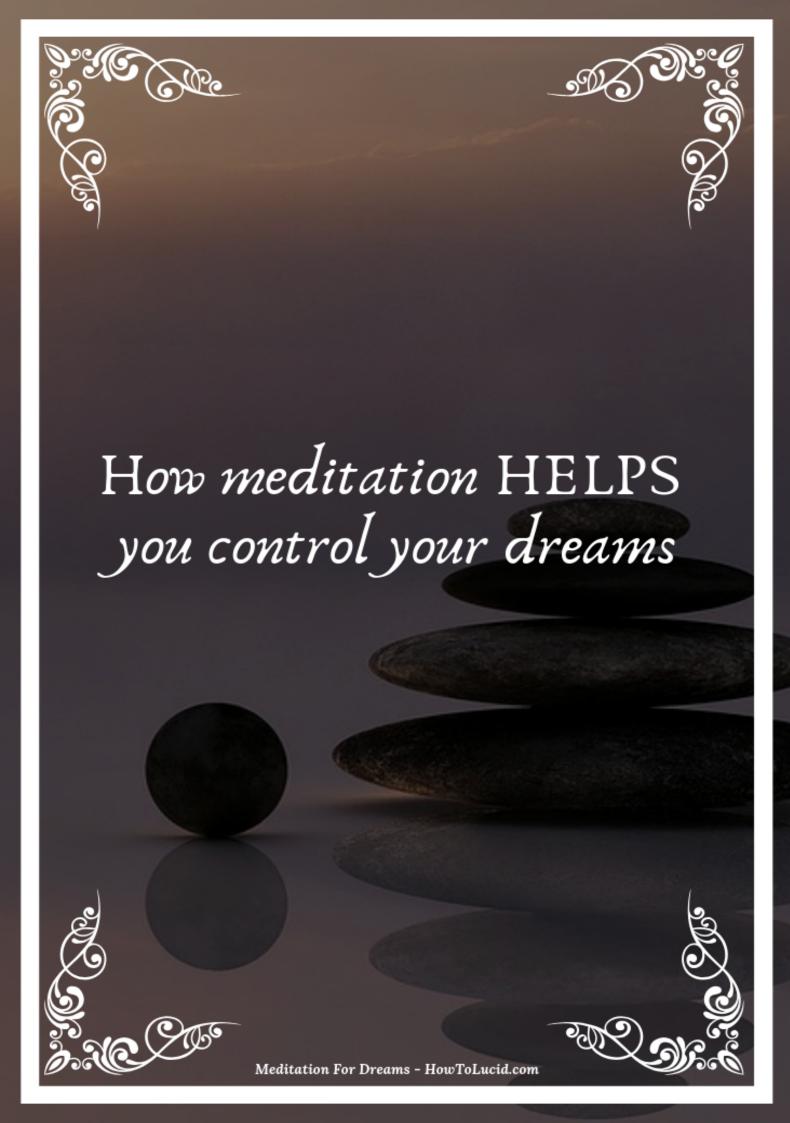
You'll realise that you're dreaming, and you'll be able to do anything you want. This is a lucid dream.

That's the absolute basics of lucid dreaming, if you're interested in a step by step guide, showing the crippling mistakes beginners always make, check out my other book (howtolucid.com/5-steps-to-lucid-dreaming).

Meditation for Lucid dreaming is what this book will focus on, and how to use meditation to improve your lucid dreams.

If you JUST want to learn more about meditation, that's fine too, you can still read along as there are very common techniques here and most of it can be applied to just 'normal' meditation!

By learning and practicing these meditation techniques, you'll improve your lucid dreaming abilities naturally, AS WELL AS improving your sleep, energy, mental strength and emotional state. Let's look a little bit more about how meditation helps you lucid dream:



How Meditation Helps You Lucid Dream

To lucid dream, you need to be able to keep your mind aware and awake, while your body is asleep.

There are various techniques for lucid dreaming, but most of them rely on either falling asleep while keeping your mind awake, or hoping that your mind will wake itself up during the dream and become lucid naturally.

Meditation is great for lucid dreamers because it causes you to sit still for a period of time and FOCUS on something. If you have ever tried the wake induced lucid dreaming (WILD) technique, you'll know why sitting still and not moving is so important to learn for lucid dreamers.



Also, by meditating, you're training your mind to become self aware and 'clear'. The very word 'Lucid' also means 'clear' or serene. This is no mistake. Lucid Dreaming is largely about being focused and having a clear 'self aware' mind.

Meditation will help you achieve that faster than anything else you could do. You should add a ten minute meditation routine to your daily morning schedule.

I find I can get more done, and what I DO get done is done well. I'm productive and happy almost the whole day, just because I meditate. It really is a life changing habit.

Meditation Secrets Revealed

I'm going to tell you a little secret about meditation. You've picked this book up, (or downloaded it) because you probably have an interest in lucid dreaming, and you want to learn how to improve using meditation.

Well, are you ready?

Lucid dreaming and meditation are the same thing.

What I mean by that is that you're shooting for more or less the same goal: being self aware.

This means that when you meditate more, you have more lucid dreams. The two go hand in hand, and for this reason alone, meditation alone is the most powerful lucid dreaming tool, technique or method out there.

But, at the same time, if you don't meditate, you'll find lucid dreaming difficult. The two things are very similar and I've found that the people who find lucid dreaming hard are almost always the same people who don't even bother to meditate, because they think it's strange, ineffective or just not worth doing.

It is worth doing, but please don't take my word for it. Meditate every day for just 30-60 days and I guarantee you, you'll very quickly see why people do it. You'll see why monks devote their entire lives to reaching meditative states and give away all their worldly possessions to seek the feeling of inner peace that meditation brings.

I'm not saying you have to sell your house, but I am saying that by meditating every day you will improve your life, mind, and you'll have a ton of lucid dreams along the way. It's sort of a win win, and even if you don't know how to lucid dream or even want to, you'll still get massive benefits from meditation.

How Meditation Helps You Lucid Dream Randomly

If you've been trying to lucid dream to any length of time you might find that it's difficult to do!

It's difficult to perform the techniques, especially the ones that involve you waking up in the middle of the night and interrupting your sleep pattern. Meditation makes it more likely that you'll just naturally have lucid dreams. The best way of lucid dreaming and the one that's the most 'fun' are when you have RANDOM lucid dreams. Lucid dreams you didn't even really have to try and have, they just sort of happened.

You're self aware in both lucid dreams and meditation, so they're the perfect match. They're made for each-other, and so by learning to meditation the right way, you'll have many natural lucid dreams, without even needing to plan them. This is the basics of lucid dreaming in fact, and many people skip meditation and move straight to lucid dreaming techniques.

That's a mistake though! I find that I'm sending countless emails to people replying toe their questions by saying 'you need to meditate to do that' and it's like people just don't want to do it. As if it were some boring task with no benefit.

It's quite the opposite, and it can be fun! It's much like taking cold showers. When you first hear about the idea and try it out it can be a bit unpleasant or strange but the second and third time, it's incredible! You start to feel the benefits and then soon enough, you can't imagine not doing it!

COLD SHOWERS: By the way, taking cold showers every morning is a very powerful way to have more energy during the day. It stimulates your immune system, and forces your blood to start rushing around your body, improving circulation and releasing 'feel good' hormones. It's a very good habit to get into.

Interestingly, I find cold showers work really well combined with meditation. I sometimes have a cold shower after meditating because I really feel it sets me up for the day, and I have the feeling that anything is possible.

Using Meditation To Remember More Dreams

Remember when we were saying about how meditation increase activity in your hippocampus? Well, that area of your brain is linked to memory. Yup, meditation can help you improve your memory, and remember things like dreams much better.

Dream recall is another key area of lucid dreaming and if you can't remember your dreams, why have them?

Well, as a natural side effect of meditation, you'll be able to remember more of your dreams. Not only that, you'll also remember more of your waking life, and you'll be the sort of person who can easily recall small details that most other people can't.

Imagine how cool you'll feel when you're the guy (or girl) that people are impressed with as you're able to be the one that remembers that tiny detail that no one else can! You'll be known as the person with the great memory!

One of the most impressive things to be able to do is to remember things nobody else can. Names of people you've only met once a few years ago, details of bus times and information that people might need. Memory is really impressive when you have it! And it's not hard to improve it either, you just need to work on practicing memory techniques and meditating! Anyway we'll be looking at how to prolong lucid dreams using things like meditation.

Techniques For LONGER Lucid Dreams

One of the most common problems people have with lucid dreaming, is they can't stay in the lucid dream for long enough. They find that as soon as they enter a lucid dream, they're snapped back out of it by some higher power or whatever.

The main reason for this is that they're not good enough at focusing and relaxing.

Meditation makes it easy to stay in the lucid dream for far longer than the average dreamer, simply because you're already used to keeping your focus on one thing for a certain period of time!



The biggest reason people find themselves fading out of lucidity and back into the waking world is that they're not used to focusing their attention on just one thing for a long period of time. By getting distracted in a lucid dream, you quickly get swept along with the dream and before you know it, you've either woken up or lost lucidity.

A very easy way of increasing your lucidity is to start meditating every single morning. Not only will this build the habits of self awareness but you'll start to remember your dreams more. By being able to remember things better, you'll also end up staying lucid for longer.

Now I won't get too much into how to prolong your dreams, because that's really the information in my other books like 5 Steps to Lucid Dreaming etc, but here we go.

1: Write your dreams down every morning

Writing your dreams down in some sort of dream journal is always important for lucid dreaming. You've probably heard that already, but it's really a good habit to create. By writing your dreams down you not only remember more of them but you also are able to stay lucid for longer, because your brain is used to THINKING about your dreams.

It's all about what you focus on. By writing dreams down you give your mind more time to focus on dreams and your dreaming life, and you subconsciously tell your mind that you want to be more involved with your dream life.

2: Spin around on the spot

When you're in a lucid dream, if you find it fading or going black, try spinning around on the spot. This grounds you in the dream and makes the dream last longer. It's something to do with what you're focusing on.

By spinning around, you force yourself to focus on physical sensations and visual stimuli. Things like the scenes you see while you're spinning, or how the ground feels on your feet as you spin. You can also try other physical things like rubbing your hands together, this has much the same effect.

But while you do this, you really need to focus on EXPECTING the action to make you stay lucid for longer. By expecting that you'll stay there longer you often will.

3: Meditate IN the dream

We'll cover this in detail later, but for now just know this: By becoming lucid and then meditating while you're actually IN the dream, you're able tor each deep relaxed states very quickly.

In a normal waking life meditation practice, you're able to change your brainwave state to something much more relaxed. By meditating in a dream while your brain is already relaxed and in a meditative state, you can enter that state much more easily.

The effect this has is relaxing you even further and making your dream last longer. Or at least, it appears to last longer. I've had lucid dreams in which I've meditated, and they've felt like they were going on for hours and hours, when in reality it was just a few minutes or so.

4: Practice focusing meditation

By meditating while focusing on something you build what I call the 'focus muscle'. The part of you that's good at focusing on ONE thing for a certain period of time. The best types of meditation for this are to meditate while staring at a candle for 20 minutes, or to focus on one thought or mantra the whole time.

I find the candle is the easiest one to get started with, because it's very easy to fall into an almost trance like state just staring at the candle. It will make it easy to pivot and try and meditate while focusing on just one thought or idea.

Then after a few weeks of doing this sort of meditation, you'll find techniques like the WILD MUCH easier to do, because you've already practiced keeping your mind focused on something for a long time. Bear in mind that you will need to be able to focus your mind for over an hour to perform the WILD. That's because it can take some people as long as an hour to fully fall asleep and you then also need to wait for your body to go through the first parts of the sleep cycle before REM sleep.



Building new HABITS



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The BEST Way To Build A New Habit

Habits control our lives. They tell us what to do when we have no idea. When we're stuck or bored, we'll fall back on our habits to guide us to do something, whether that's a good thing or a bad thing.

Habits are incredibly powerful, and it's been said that one of the main indicators for how successful someone will become are their habits. The things they do without thinking regularly.

When someone's been smoking for a few years they'll likely have built up the habit to the point where they don't really think about it. They just light a cigarette up as soon as they've finished eating, or when they've finished their drink at the pub. They do this without really thinking about it most of the time.

Habits can be small scale like chewing gum or walking in a certain way or they can be large scale like the way you conduct yourself in a relationship, or how you deal with big life changes.

Habits are all around us, and if you're reading this there's a huge chance you've already got at least one habit. Most of us have good and bad habits, and they largely determine how our lives play out, whether for better or worse.

I'm not going to go into negative habits, because I think it's much harder to remove a negative habit like smoking than it is to build a new positive habit. It's hard to create a habit and it's harder to stop an existing one.

That being said, it's been proved that a great way to give up smoking for example is actually to replace the habit with something else. For lots of people this means switching to 'e-cigarettes' and for others it means finding a hobby or going for a walk when they would have a cigarette.

Replacing Bad Habits With Good Ones

It's easier to create a new habit than to break an old one. So what we're going to do is to CREATE a habit.

To create a habit you need to do something again and again until it feels weird NOT to do it.

You need to get to the point where at a certain time every day, you just naturally start to do the thing you're trying to do. The easiest way to start this is to build a habit of meditating once a day, in the morning.

So, why should you make meditation a new habit?

Well, if you've read the health benefits section, I shouldn't really need to explain that to you. It's a powerful way to change your life and to improve your lucid dreaming experience in a huge way.

Not only that, but just by meditating every day you massively increase the chances you'll achieve what you want in life. It can and will do more for you than you can imagine.

I'd like to invite you to start making meditation a habit (Don't worry, we'll explain how to meditate in just a moment). Start doing it every single morning, with no exceptions.

Of course it will be difficult at the start, that's the point. Think of it like a challenge. Learn the exercise I'm going to teach you in a little while, and cross off each day you do it on a calendar or chart of some kind.

When you see a little chain of crosses start to appear it will become harder and harder to break the chain. If you've done 10 days in a row meditating, how can you NOT do 11?

And once you've got to 2 months, how you can NOT do 2 months and one day? It's just a good way to stay motivated. Cross off each day you manage to meditate. Make it your goal to actually do it every day regardless of how it feels, or how you feel about doing it.

Even if for some reason you don't want to meditate every day, just do it and then see how you feel about it after 30 days. If you meditate for 30 days in a row, I personally guarantee that you won't want to stop. You'll feel so much better in almost every area of your life that you'll HAVE to keep going.

Making Lucid Dreaming A Habit

Lucid dreaming requires that you build up a habit of doing certain things. There are things that you'll need to be able to do regularly, every day in order to have lots of lucid dreams, for example:

- Doing reality checks throughout the day
- Performing lucid dreaming techniques every night
- Writing your dreams down every morning
- Meditating every morning and evening
- Thinking about your dreams and about lucid dreaming during the day

And when you don't do these things, you find yourself stopping lucid dreaming. There's a very powerful way of connecting these habits into a chain of things that you can't NOT do.

So meditation can help you with those, because you're building up your 'habit muscle'. Your ability to decide on something, and DO it every day for a set period of time. That skill alone will do more for you and your life than you can possibly imagine.





Meditation EXERCISE



Meditation For Dreams - HowToLucid.com



Your First Meditation Exercise

I'm going to show you a very simple ten minute meditation technique which will help you with your lucid dreaming efforts across the board. It will also be a great exercise to practice every day to build the habit of meditation. This is not a difficult technique by any means, but it's important to do it every day.

The hard part of building a habit is the first 60 days. After that it has momentum and it becomes a part of your life easily. They say that habits are formed after doing something repeatedly every day for 30 days.

Some people argue it's 90 days, so 60 days is just a number somewhere in the middle. Try and do this small exercise every day for 60 days. You'll look back on your life and won't believe the positive change it's made.

Step 1 – Find somewhere to sit

Find somewhere really comfortable to sit down and relax. It doesn't have to be a chair, it could be outside on a field, or on your bed. Make sure your muscles are not tense and you're not straining in any way.

If it's not comfortable, move around until it is. Set a quiet alarm on your phone for ten minutes. Make sure it's not loud and it's just enough to let you know that the time is up. That alarm is just there to make sure you don't go over the time and you're not panicking, worrying about how long you've been sat there.

Step 2 – Start breathing slowly

Now you're going to start breathing in and out, slowly and deeply. Don't force this, and don't try and take in more air than you naturally can. Just let it happen, breath in deeply and then out, slowly.

Many people force the breathing, as if it's something they have to put lots of effort into doing. It's not. Breathing happens naturally, so that's all you need to do really, just LET it happen normally. Don't try and force a rhythm or pattern, just breath slowly and comfortably.

Now as you do this, count them. Count up to ten, with each in and out breath. So as you breath in the first time, count '1' and then as you breath out, count '2'. Keep going in this fashion until you get to ten and then start over at 0 again.

There's no real goal here, just to let yourself breath, and keep track of the breathing by counting it. Don't try and change the speed of your breathing to match the counting, because that won't help you at all. Just let it all happen very naturally.

Step 3 – Redirect your focus

As you're breathing, you'll notice that (especially at first) your mind is going all over the place. If you're not used to sitting still you'll be thinking about all sorts of things, from what you want to eat for dinner to what your boss said at work yesterday. This is normal, don't fight it.

Instead, try and 'redirect' your focus. As you find yourself thinking these things, just 'notice' them and then let them wash over you. With practice, this becomes a lot easier but at first just try and 'redirect' your focus BACK to your breathing every time you notice it going astray.

Step 4 – Let go of everything

Now, just 'let go' to the world. Let your thoughts feelings and focus go and only count your breaths. This might not be possible the first time you try, or even the second or third but with time you'll be able to just 'let go' and just 'be'.

This is the state you're aiming for, the state where you're aware of yourself, you can hear sounds around you but you're not focusing on them. You can hear them but you're not listening to them, if that makes sense.

This state actually changes your brainwaves, believe it or not. Getting into this relaxed and meditative state daily will do wonders for your lucid dreaming, health, energy, emotions and a bunch of other things.

That's it! Do that every day for 60 days and you'll notice a profound improvement in your energy, mental strength, productivity, happiness and much, much more.

Of course, it only really helps you if you actually do it for that length of time. It doesn't really do much just meditating once. Sure, you'll feel good but it will be a 'one off'.

The best way to meditate is just to do it regularly. You don't need any special skills really, just the will to do it every day. With each week that goes past, you'll find it easier and easier to keep doing it. Not only that, you'll notice more and more benefits and improvements in your life.

Now, notice that I didn't teach you a complicated technique, because it doesn't need to be complicated. What matters is that you actually do it, every day for 60 days. That's what's going to make a difference for you, so please take the effort to actually make it happen.

Some of you reading this will wonder why it's so simple. The best things in life are often the simple, basic things that we all take for granted. Sure you could learn more complicated meditation techniques, but if you don't actually practice them, there's no point.

Also from experience, I find that the only meditation you'll really stick to is one that you can easily do from anywhere. One that doesn't rely on binaural beats, complicated routines and speeches or guided meditation, or incenses.

The best meditation is just the one that you'll actually do. The type that you'll practice, and I find that the one I just taught you is the most effective and easy to stick to routine. That being said we will explore some others and some ways of using meditation to directly increase the number of lucid dreams you have.





Lucid Dreaming MORE with meditation





Using Meditation To Lucid Dream More

Meditation can be used to improve your life etc, BUT it can also be used directly, as part of a lucid dreaming technique or method. Here we're going to discuss a few techniques that use meditation and things like mantras or focusing to induce lucid dreams.

Using The WILD Technique Properly

The WILD technique is a powerful way to have lucid dreams at will. It works like this: You let your body fall asleep while your mind stays awake. This allows you to simply wait until you're dreaming, and then you'll already be lucid right from the start.

The difficult part is having the patience to relax deeply enough and STAY relaxed and focused long enough to fall asleep and enter the lucid dream. This is where meditation will help you a lot.

So the technique works by allowing you to bypass a natural process known as sleep paralysis. Every night, when we all go to sleep, our bodies literally paralyse all of your muscles so that you can't move and physically act out your dreams while you're sleeping.

This happens to everyone every night, but sometimes you'll naturally stay awake during sleep paralysis, and it can seem scary. This is a natural thing, that you shouldn't be scared of. Sleep paralysis is something that happens to everyone, every night but most of us aren't aware of it as it happens.

For the WILD technique however, were going to TRY and stay awake during this process. It can be scary at the start, but the more often you do it the easier it will become.

IMPORTANT: This technique can either be done right before you go to sleep at night, OR it can be done after you've already had 6 hours of sleep and you're about to enter REM sleep. It's up to you. It will be more effective after 6 hours of sleep, so to do that simply set

your alarm to go off in 6 hours time, have some sleep and THEN try this technique. Okay, here we go:

1: Lay down comfortably

Lay down ready to go to sleep or ready to go back to sleep. Don't move any muscles, simply relax and focus on making sure there are no tensions in your body. Make sure at this stage that all the lights in and around your room are turned off, and there are no annoying noises.

2: Relax all muscles

Don't move any muscles, and focus on relaxing all of your muscles, especially the ones near your throat, shoulders and jaw, as that's where most of your tension will be held! I was surprised to know that most of your tension in your muscles is actually help in your head area, and not your bigger limbs like legs and arms!

3: Visualise shapes and colours

Now, you're going to see random shapes, colours and patterns fly across your vision behind your eyelids. This is normal and you shouldn't try and interact with them or change them. Just let them happen, without trying to work out what they are!

This is know as 'hypnagogic imagery' and it's what happens when your mind starts to create the dream scene.

It's important to stay focused and not let yourself fall asleep at this point. But do it in such a way that you're not TRYING to stay awake, you're just doing it. I know this sounds strange, but if you've practiced the basic meditation techniques we've spoken about for more than a week or so, this will be very easy for you, and will make a lot of sense.

4: Fall asleep

Now you're going to feel yourself fall asleep. This will feel like a heavy blanket is being laid over your body and pressing gently down

on your chest and stomach. This actually feels a lot like sleep paralysis, and shouldn't last more than 5 minutes or so.

Make sure you're keeping your mind awake, but thinking gently about what you're seeing. Just like when you meditate, just observe the images and shapes, without interacting with them. This allows your mind to slip into a deeper meditative (lucid dreaming) state.

5: You're lucid! Now stay lucid

Now you're in a lucid dream. You're able to do whatever you like now, so enjoy it, but don't get too excited! Getting too excited by doing things like having sex or flying can make you wake up too quickly, especially if you're a beginner lucid dreamer.

So you can see how meditation directly links to the WILD technique. By practicing it every morning, you'll soon be able to induce lucid dreams easily just by laying there and keeping your mind awake while your body falls asleep.





Meditation WITHIN lucid dreams





Advanced Meditation Hacking: Doing It WITHIN A Lucid Dream

An advanced form of lucid dream stabilisation is actually to meditate while you're already lucid, inside the dream!

I guess most people think when they're already lucid, what good does meditation do? Well, it can help you stay in a lucid dream for much longer, and it can help you reach deep meditative states very easily.

To meditate in a lucid dream, you simply need to get lucid, and then while you're lucid sit down (don't lay down, because you're likely to wake up) and focus on what's around you.

It's worth noting that if you're new to this, you shouldn't close your eyes. This is because closing your eyes is a very good way of waking up! Don't do this until you're experienced enough to close your eyes without waking yourself up.

Sit down, relax and focus on your breath. I know you're not ACTUALLY breathing in a lucid dream (although you are in waking life) but you can still feel like you are. Count in and out just like you have done before with meditation techniques.

Now what happens next is interesting. When you meditate in waking life, you're physically taking your brain from one state to another.

You're going from being in BETA stage (this is the brain stage you're in right now, reading this) to THETA stage which is the brainwave state linked with higher levels of consciousness and deep meditation.

That's the transition that happens in waking life because you're having to CHANGE your brainwave state from BETA to THETA and this can take up to 30 minutes or more.

In a lucid dream however, it's a different ball game entirely. Because you're ALREADY in a theta state while you're lucid dreaming, by meditating even for just a few seconds or minutes you're able to very quickly slip into an even deeper state of meditation and a very high level of consciousness.

This is the state that can make you feel absolutely invincible, like you could do anything. It's the sort of state that once you've experienced it, you'll feel the positive after effects for a few days! Try meditating next time you're in a lucid dream, I promise you it will be amazing.

Visually Creating A Lucid Dream

This is a tutorial on the VILD technique for lucid dreaming which directly involves using meditation to have a lucid dream. The idea behind this technique is to focus on building a dream scene in your mind and thinking about it all day long.

When it comes to time to sleep your subconscious mind already know about the dream scene and location and it's easier to create a dream around it, because you've already been thinking about it all day long.

So to start with, think about where you'd like to dream about. This can be a city, place, location or even just the feeling of it, for example 'on a beach'. Try and create a really visual, vivid image of the dream scene and imagine yourself there, in the dream, being lucid and walking around.

Now the next part is you're going to imagine a reality check as part of it! A reality check as we've covered briefly at the start is testing your reality. Don't worry, it doesn't have to be confusing. All we're doing here is imagining a dream in which you're already lucid. I'll use an example to show you how simple this really is:

'I'm on a beach, relaxing. Suddenly, I look up to the sky and see the words 'You're dreaming' written in the clouds themselves! I realise I must be dreaming, and I start walking around, doing what I want'.

Notice how the reality check (testing your reality) is BUILT IN to the dream you're imagining. You could also imagine a dream scene where the words 'You're dreaming' are written on the walls. The point is, imagine a dream scene in which you're lucid.

Once you've got the image of your dream scene, try and simplify it a little bit. Focus instead on the concept, rather than the specifics of it. If it's on a beach, just focus on the BASICS of you being on a beach, and seeing the words in the sky telling you that you're dreaming.

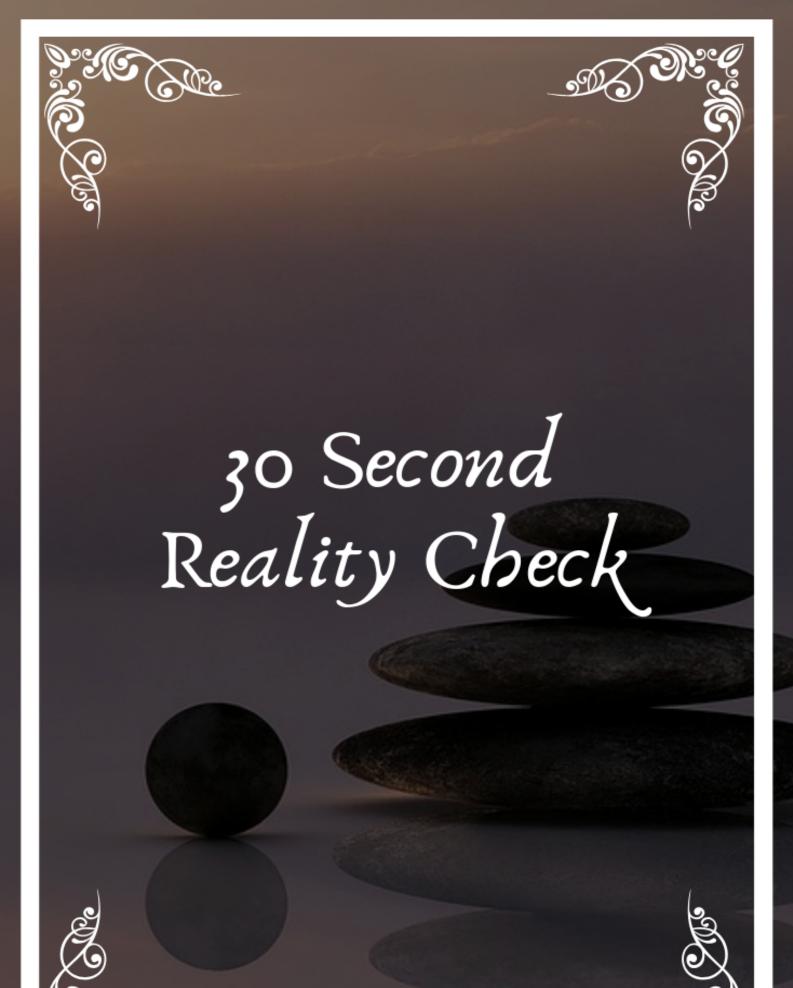
Now, you're going to DRAW the image of the dream that you've just created and keep the bit of paper with you all day long. When you go to sleep in the evening it should go under your pillow.

From now until you go to bed, every now and then, sit down and meditate, while thinking about the dream scene you've designed for yourself.

In the meditation, start by just imagining the basics of the scene (for example, you're on a beach) and instead of trying to create it, just let yourself drift through the imagination of it.

Imagine it like you're exploring the beach (or whatever your chosen scene is) rather than trying to create it. Do these visualisation meditations every single day (about 5 times a day) and then when you go to bed, you're very likely to dream about the scene you've been imagining!

Also, because you've been imagining it with a reality check already, you're very likely to do the reality check or notice whatever the reality check is, and become lucid naturally.



A 30 Second Reality Check

I'd like to share with you a very simple and quick meditation idea that you can do several times during the day. You'll want to do this, because it will help you become more self aware in life and dreaming, and it literally takes 30 seconds.

What you're going to do, is a few times during the day (when you'd normally do reality checks) you're going to spend just 30 seconds not thinking anything.

During these periods of 30 seconds, instead focus on taking in as much information about the world around you as you possibly can.

Don't try to interact with it, just perform these 'mini meditations' where you're not moving, not saying anything, just 'being'. You don't need to close your eyes, and in fact for this technique you shouldn't close your eyes at all. Just keep them open, and observe anything you can about the world around you.

What this will do is help keep your critical mind active. Too many of us go about our day on autopilot, not REALLY aware of anything going on around us. This simple 30 second method will help stop that.

There are lots of reasons this is effective, but the main one is for lucid dreaming. In order to lucid dream, you'll need to master 'reality checks' which are where you test whether you're dreaming or not. By default most people do these WRONG.

They don't spend long enough focusing on it, or they just forget to do them entirely. One of the problems is that people are almost always on autopilot during the day. They're not aware of the things they're doing. In some cases, they're not even aware of where they're going.

You've probably experienced once or twice the feeling of commuting to work, and some days you don't really remember the journey, you just wake up and the next thing you know, you're sitting at work. This is because we're in autopilot too often. by practicing the 30 second reality check more often, you're more aware.

It brings you back to reality and to your awareness. It helps you become more alert to what you're actually DOING.

And this is important not only for lucid dreaming, but for our purposes with meditation. By just taking a few seconds out of your day to be aware, you can often catch yourself doing things you probably don't want to do.

For example let's say you know you need to write a book or work on your project, but you've come home from work and you're tired and a bit distracted. You put a video game on and the next thing you know, you've spent hours playing it without doing any work on your own projects.

By introducing the 30 second reality check, you might have done the reality check during this video game binge and realised you were wasting your time. It might give you that spark to think actually 'what am I doing with my time right now?'.

And I think that's important for all sorts of reasons.

Whether you're trying to become successful, achieve something, or even just learn something new, habits are important. By just being aware of how you're spending your time, you'll be in a better place to decide to be more productive.





Meditation MISTAKES People Make





Crippling Beginner Meditation Mistakes

There are some very common mistakes that most people make when meditating, and they hold you back. To avoid making these mistakes you first need to be aware of them, and that's what this section is about. It's easy to make mistakes when you're trying out a new technique or habit that you've never tried before, so I felt this section was essential.

The 'Wrong Amount' Of Effort (Surprising)

When beginners start meditating, they feel like there's a state that they HAVE to get into, or a result they HAVE to feel in order for the meditation to have worked. This is not the case, and it's a lifestyle. Meditation is not a test where you can either pass or fail, it's more like painting.

When you paint, you can't paint something 'wrong' or 'right' but you can paint what's right for you. Paint often enough and you'll become better and better at it, and it will take you less time to paint a beautiful portrait after 5 years of practice than it did when you started out.

Meditation is a bit like this. When you start out, it's meant to be weird and it might feel like it's not doing much but then as you practice more and more, it becomes easier. It becomes not only easier, but also faster to reach these deep meditative states. There will come a point where you sit down to meditate, and it won't feel like a task any more.

Instead it will just feel right. This could happen after 5 days, or it could be 5 weeks, there's really no way of knowing. What we do know is that if you TRY too hard to get to the end result, you'll fail. don't try too hard, just relax and observe your thoughts.

Focusing On THIS (Big Mistake)

When you meditate, you should not be focusing on thoughts that aren't important. You should instead just be aware of them. There's a huge difference between interacting with thoughts (and the monkey mind) and being AWARE of them.

An example would be if you were looking after some baby kittens. You could either physically touch them and get annoyed when they misbehave, or you could just look down on them and watch what's going on, without caring too much what happens.

Meditation is more like the second scenario. You're aiming to be aware of your thoughts, and not interacting with them. You're not trying to change them, and you're not even trying to stop them popping up. Just focus on awareness and everything else can fall into place.

Looking For Shortcuts

As with most things in life, people like the easy fix. The quick answer, or the magic bullet. This is the case with almost every area of life. Want to earn more money? The idea of INSTANT overnight success or money is much more appealing than having to work hard for something for 3 years before seeing it.

Want to feel better o get a 6 pack? It's much more appealing to think you can just get one overnight, without any work. And meditation is no different. People want to learn the one trick or tip they can use that will INSTANTLY make them feel like a buddhist monk, enlightened.

But the world doesn't work like that. There aren't really shortcuts for the things that matter the most. In fact, there are rarely shortcuts for anything in life. Sure, you can find ways of doing things more effectively, and better using your time, but you can't take a shortcut to inner peace.

It's a journey, a process, and much like most journeys, it requires that you keep moving forward. If you just expect one thing or one article to turn you into a master of meditation, you'll be pretty upset when it doesn't.

Try and step back a bit, and see the bigger picture. You can learn to meditate, easily! But it won't happen overnight. It might be hard to concentrate at first, and you might not like having to spend time doing it. But stick with it and sooner or later, you'll be able to look back at all the progress you've made.

Not Meditating At All

This is probably the biggest mistake of all! People will learn about meditation, and how GOOD it is for them, but they just won't do it. I know lots of people who are very much aware of the benefits of things like meditation or eating a vegan plant based diet, but they don't DO those things.

Why? Well, there could be any number of reasons. Maybe it's that humans like to be comfortable, and often change is uncomfortable? Maybe it's just that new habits are hard to form and we don't really like change.

Whatever the reason, the BIGGEST mistake you could make is to read about meditation somewhere like this book, and then NOT do it! I always say at the very least, just commit to doing it for a week. Ideally you'd try it for 30 days but for some people that can seem like too long.

But commit to doing a week of meditation, every day. It's said that success is about doing the things you need to do whether you FEEL like it or not. So even if you don't feel like meditating on a given day, do it anyway. Go through the motions. Eventually, you'll start to change the way you feel about it, but it's critical that you set the habit. This way you'll be able to keep going even when you don't feel like it.

Hopefully by knowing these mistakes, you can avoid them and move towards a place where you're meditating more often. Even if it's just once a week, that's still better than nothing. The best benefits are felt when you meditate every single day, EVEN if it's only for 3 minutes.



Think of it like a challenge. Most people who read my books tend to be gamers or at least aware of the concept of a video game. So think of meditation like a video game level. Try and get through it, and see what's on the NEXT level. You'll be very surprised.





Meditation HACKS and TRICKS





Mind Hacks And Tricks

Although we've just explained how there are no SHORTCUTS to meditation, there are certainly some tips and hacks for it. By hacks I don't mean INSTANT results, I just mean some things you can do or try, to get the most out of it.

Here are some useful tips and tricks that will help you get better results from meditation. You don't have to follow these, and at this point you've already learned more than enough to get started, but you can feel free to check on this section from time to time, as you see fit.

1: Meditate At THIS Time (Not What You Think)

Personally, I always meditate first thing in the morning, but this can be different for everyone. If you're one of the people who finds it difficult to get up early in the morning, or just in the morning in general, this might not be right for you.

The most common time to meditate, is in fact in the morning. This is because your routine in the morning can set the tone for the entire day. You've heard the expression 'You woke up on the wrong side of bed' right?

Well, it has a bit of credibility to it. If you wake up and you instantly start stressing out about something or focusing on what you have to do for the day, you might find that the day seems to be more stressful. If instead, you start your day with meditation, you'll find that things just seem easier. I've personally found that EVERY morning I meditate first thing the whole day just seems easier. It's like the stresses that would normally really bother you don't matter as much.

In terms of the 'best' time to meditate, I think it depends on the person and what you want to get out of meditation. If you want to adopt it as a habit and use it to improve your life, then it's probably best for you to meditate first thing in the morning, and then last thing at night before you go to bed.

If you're just going to use it to relax during your workday or during lunch hour etc, then meditate as and when you need to throughout the day.

The problem with that however, is that it can be difficult to find a space and time during a workday where you're not distracted or around lots of people. This means it can be hard to meditate properly and get any benefit from it during the day.

If you can, try and find a quiet place during the day where you're not going to be distracted or interrupted by anyone. If you can't do this, then maybe just stick to mornings and evenings.

You don't have to wake up super early to get the benefits of meditation. You can wake up naturally whenever you want, and as long as it's the FIRST thing you do when you wake up you'll feel the benefits. Of course, you'll probably feel even better if you wake up before 9, as this is when the day really starts.

It can also be great to start meditating as soon as you get home from work. This creates a divide between work life and home life and lets you fully relax when you're home.

It is nice to get home and meditate because you're starting to unwind and change mindsets. The only thing I would say about this is that as a beginner it can sometimes be difficult to meditate. You can find that you get bored, can't focus or simply don't want to do it. This is normal, but as I said before please stick with it and you'll get great results from it!

If you have only got the energy and drive to meditate once per day, it's probably best to do it first thing in the morning. This way you'll be able to get it in before anything else, and everything else will feel easier as a result.

As you get more experienced and it feels more and more normal, you can start adding sessions and even meditating after work and before bed. If you find you can only focus on one session per day at first, start in the mornings.

2: The 'Alarm Clock' Trick

A word should be said about alarm clocks and how you wake yourself up in the morning. The WAY you wake up affects your entire day, and by waking up in a panicked way, you set your entire day up for negativity.



Most people wake up suddenly by hearing a screeching alarm clock right next to their ears, and they whack it to turn it off quickly. They then jump out of bed (or crawl) and find themselves in a mad rush to get ready for their day (work or something else). This is totally wrong, and should not be how people wake up in the morning.

We were never designed to be woken up by alarm clocks, and most humans used to just wake up when the sun rose, in the morning.

The reason for this is that our bodies are literally designed to rise when the sun comes up, because when the sun rises, our bodies produce serotonin, making us feel more awake and ready for the day.

Alarm clocks have ruined this and made it much more difficult to wake up feeling good in the morning.

Of course, now we've come to the point where we need to be up and awake at a certain time in the morning because we need to get ready to go to work or university etc on time, and we can't tell our bosses 'I'm late because the sun didn't rise on time'.

We need to be up on time, every morning. But, loud annoying alarm clocks make us wake up feeling terrible. What can we do? The answer is very simple. Make sure that as much as possible, you LIMIT blue light exposure in your evenings.

Blue light can come from the sun, but it can also come from computer screens, phone screens and other monitors.

To get the best sleep you possibly can, you should make sure to LIMIT your exposure to blue light from computer screens and other screens in the evenings.

If you just turn off all your screens one or two hours BEFORE you try and go to sleep, you'll find it ten times easier to fall asleep. Not only that but your sleep will be higher quality, and you'll feel better in the morning.

That tweet can wait, sleep is more important.

Also, going back to the alarm clocks situation, it does all link up. By limiting your exposure to blue light in the evening before, you'll

naturally wake up on time more often ANYWAY. I sometimes find that I wake up at the time I want just by thinking about waking up at that time, when I limit blue light exposure the night before.

To make sure though, you'll still want to use an alarm, at least for the first few months.

When you select the tone to use for your alarm, please, make sure it's relaxing! A loud annoying sound will not wake you up in a nice way.

The best tones are the ones that start really soft and quiet, then gradually and very slowly get louder until you wake up.

You can also download cuts tones if you find them online because the default alarm sounds on phones these days aren't great, and they certainly aren't designed with what I've just said in mind.

What you could also do if you need to wake up before the sun actually rises, is buy a sunrise alarm clock.

These are devices that simulate the rising sun by slowly turning up the brightness on the front of the clock. They can be very effective for waking you up more naturally as if the sun were rising.





Meditation MANTRAS





Powerful Meditation Mantras

Now that we've looked at how to meditate, when to meditate and why you should do it we're going to look at another way you can use it for lucidity.

A mantra is a powerful saying or belief that you repeat over and over to yourself, during the day (or actually in a lucid dream). The things you tell yourself again and again become your reality, and the things you believe.

It's incredibly important to really think about what you're telling yourself every day, and how it's affecting you. If you're always telling yourself things like 'I'm always late' then you'll subconsciously ACT in tandem with that belief, so that it's true or so that it becomes true.

The way this applies to meditation and lucid dreaming is that if you repeatedly focus on a positive belief like 'I can lucid dream' then you'll start to really believe it. When you start to believe it, it is much more likely to happen.

So the best way to get started with mantras is just to start using them. Like we said, they're reacted phrases or words, that you can think about or say again and again. So to get started, find somewhere quiet to sit down and think about some example mantras you might want to repeat to yourself.

Here are a few that I use often, which you can choose to use if you like. I always encourage people to create their own mantras, because the way YOU personally phrase things to yourself or talk matters a lot. It needs to be phrased in a way that you would actually say if you were talking to yourself. Here are mine:

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

• 'I find it easy to lucid dream'

And so on. These are the sorts of things I repeat to myself again and again, and they really do work. So to mediate over these mantras, simply sit down as you would for the other meditation techniques I showed you in this book, and close your eyes.

Next, softly hear yourself say the mantra (try only ONE at a time) again and again. Simply focus only on that. Don't rush the mantra, and when it comes down to it you're really just sitting somewhere comfortable, and repeating a phrase to yourself over and over again.

When you find yourself start to drift and think about other things, try and notice it as fast as you can and bring your attention back to your mantra and what you're focusing on.

You can set a timer like you have done before, for about 10 minutes for this. If you find yourself struggling with this, try picking 2 or 3 mantras to start with and then when you lose focus, switch to repeating a different one.

You CAN say these mantras out loud while you're meditating, and in fact that's a good idea, but I understand this isn't possible for everyone. Maybe you live with other people, or are worried about what your partner might think! It will work just as well whether you say it out loud or hear yourself say it internally.

Perform the mantra technique once or twice a day for the 60 days. Do it along side your other meditation techniques in fact, because it will make it easier for you to lucid dream! After even a week or two you'll probably notice that you're having more lucid dreams.

Why does it work? Because our subconscious minds are like sponges. They will absorb what they're fed, but they don't care what they're fed. If you constantly tell yourself stories and ideas that are BAD for you, it doesn't matter. Your mind will still eat the ideas up.

At the same time, if you tell yourself good things and powerful, positive beliefs about yourself, you'll change your mind and life in just the same way, just as quickly.

Final Words

Hopefully this has given you a great introduction to meditation for lucid dreams, and how you can get started. It doesn't have to be complicated, and you can learn these techniques in about a day or so. What really will make a difference is when you start doing the daily for several weeks on end.

I wanted to make meditation easy to understand, and very easy to get started with. I felt there were too many really long winded articles or books that just didn't seem to clearly explain what meditation was or how to do it. I want to help you just get started, and doing some simple meditation techniques every day.

Doing them every day is ultimately what's going to get you great life changing results, not learning some complex annoying breathing technique. It's about calming your mind and thinking about what you WANT to think about.

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