

# 5 Steps To **LUCID** DREAMING

**Take Control Of Your  
Dreams And Nightmares**



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# Foreword

**I've been able to control my dreams with lucid dreaming for as long as I can remember, and to someone who's never heard of this before, that sounds crazy, right?**

*But I assure you, lucid dreaming is a real, proven ability.*

It's a mental state in which you're able to keep your MIND awake and aware (as if you were actually awake) while the rest of you SLEEPS.

This allows you to literally walk around inside your mind and dreams as if you were awake and fully conscious, walking around a room.

You can decide what to do, what to say, and where to go.

Think about it for a second, you're walking around inside YOUR dream. The second you realise that you're dreaming WHILE you're dreaming, you become what we call 'lucid'.

**This means you're aware of the fact you're dreaming, as it's happening.**

This means you can control almost anything.

Because it's all created in your mind, you're able to fly up to the sky, defy gravity, punch your boss, have sex with anyone you see, and literally anything else you can imagine (More on that later).

**Dreams (and especially lucid dreams) feel very real while you're in them, and can we really say more about waking life?**

In this book I'm going to show you what you can use lucid dreaming for (it can change your life) and how you can get started in simple steps. It will be your guide to becoming lucid for the first time (and many more times after that). I've been teaching this for years and I know what works, and what doesn't.

I also understand that for a beginner, it's easy to get discouraged, and it's easy to just dismiss lucid dreaming and say 'it doesn't work'.

I want to change that, and as a firm believer in the power of lucid dreaming I want everyone who reads this book to have their first lucid dream within a week.

I've created these 5 steps to help you go from being a 'normal' dreamer to a lucid dreamer as fast as possible. If you just follow along and work with me here, you'll be in for the adventure of your life.

## Getting Started

Before you get started with this, I'd suggest you get comfortable, find a small notebook and pen or pencil to write notes (this will help you later) and just start reading at your own pace.

There's a lot of information included here, so don't feel you need to get through it all in one day. You'll also need to find another notebook later on (or you could use the same one) to write your dreams down. More on this later, for now let me share what my first lucid dream was like.

# What My First Lucid Dream Was Like

It's been a very long time since my first lucid dream, but I still remember it very clearly. Since then, I've had many hundreds more lucid dreams, and I've explored things I never even thought were possible.

This is the first 'dabble' with lucid dreaming which turned out to be a sort of accident, and then I learned more about it later.

It all started when I was confined to my room as a child for being naughty or something like that. I was unable to leave my bed for a few hours but at the time I was still try much awake and ready to explore the world!

I'd been watching lots of films the day before about superheros, and other fantasy films, so the idea of doing impossible things was in my mind.

I had nothing to read, and nothing to do, so I did what most children would do when confined to a bed, I laid there and closed my eyes trying to go to sleep. I did this to make the time pass faster until I could get out of the bed again!

As I drifted off, I noticed that I could see strange patterns on the back of my eyelids (I later learned these were 'hypnagogic imagery' which we see as we transition from waking to sleeping states). The next thing I know, I'm walking down a narrow path (in a dream) and I look down at my hands.

The onset of sleep happened so fast that I just didn't realise it was happening until I was already in the dream, and I thought to myself 'Am I dreaming right now?'

As I looked down at my hands, I saw my fingers were long, and stretched out as if someone was pulling on them. That can't be right, I thought to myself. I looked around, and noticed that the path had moved from being a straight line to a long windy path going over a mountain.

I ran down the path shouting 'I'm dreaming!' and I was very confused as to how I'd got to this strange place. When I woke up (a few seconds later) I was so excited that I ran downstairs to tell everyone about my strange dream. From that moment on I've been obsessed with exploring this strange new area of dreaming and of my mind.

Without knowing it, I'd just experienced a very basic lucid dream for a few seconds. I'd entered the dream with my conscious mind STILL being awake and active.

**I had become lucid for the first (but certainly not the last) time.**

Of course, as it was only for a few seconds, I didn't have time to REALLY do anything impressive in the dream, and I certainly couldn't control all of it. I didn't know how! All I did was recognise that I was dreaming while I was dreaming.

That was all I needed to send me into an obsessive phase of reading every article I could find about this strange type of dreaming.

I searched the internet for 'strange dream that I could control' and eventually found the term 'lucid dreaming'. From that moment on, I'd just learn as much as I could, practicing it and trying all the techniques and methods I found online and in books.

**Here are just a few things I've done since I've learned to lucid dream:**

1. Removed several limiting beliefs from my mind and achieved things I never thought were possible before
2. Explored hundreds of alien worlds, and captured the beautiful memories to enjoy for years to come
3. Experienced pretty much every superpowers I can imagine. (I'm a superhero/powers fan, so I've had Magnetos power from X-men, Supermans flying abilities, I've had 'Superspeed' Time travel and more)
4. I now can't remember the last time I've had a nightmare, because when you learn basic lucid dreaming skills, nightmares almost completely stop
5. I've visited special memories from my distant past that I'd previously just forgotten about
6. I've literally spoken to my subconscious mind, including parts of me that are usually hidden deep within me and been able to learn more about myself and my purpose
7. Experienced incredible lucid sex with celebrities, fantasy girls and more (and it feels very real)
8. Had huge amounts of fun in dreams, doing things like flying and becoming animals etc, things that you could never experience in waking life
9. And much, much more...

I could say more, but I think you get the idea. It's a whole new world. Hopefully you're as excited as I was, and you're ready to learn more about lucid dreaming, and how to do it. First, let's just talk about how you can best use this guide to have your first lucid dream.



# How To Use This Guide

This Ebook will walk you through the first 5 steps you need to take to be able to Lucid Dream.

It's a beginners guide, and it's very effective.

We're going to talk about exactly what you need to know, and I'm not going to give you any useless information. There are lots of books about lucid dreaming out there, but the problem is that most of them just don't really help you.

They talk for ages about things that won't really make a difference, and won't give you lucid dreams. This one is different, and you'll soon see that!

Hopefully this makes sense and you'll be able to get a huge amount of value from this book.

I've left out everything I didn't feel was essential to you being able to lucid dream, but I've also kept in a few stories, tips, tricks and more. I've also tried to write this in a conversational tone, so you feel like I'm actually there with you, helping you through it and explaining how it all works.

Lucid dreaming can be confusing, and I don't want you to feel overwhelmed or to struggle.

If you ever get stuck, please re-read the part you got stuck on, making sure you're following ALL of the steps, and not just trying to skip ahead of certain parts just because they're not as 'interesting' to you.

I assure you that everything written in here was written for a very good reason, and if you follow these steps you'll certainly have lucid dreams very soon.

To get started, simply go through this book at your own pace, practicing what you learn as you learn it. It's best read over a period of time like 2-3 weeks, and NOT all in one go. It's also best practice to take notes, and make sure you understand a section before moving onto the next section.

## What Is Lucid Dreaming?

Before we go further into this, let's talk about what lucid dreaming really is, and how you can TELL when you're doing it.

**Lucid dreaming is the ability to wake up your mind in your dreams and control or guide those dreams.**

**It's being AWARE of the fact you're dreaming, WHILE you're dreaming.**

**Here are some examples of lucid dreaming and what it might feel like:**

- You've entered the dream, performed a 'reality check' (don't worry, we'll explain these in a minute) and you've DECIDED to walk down the road and enter a shop, knowing that you're in a dream
- You've kept your mind awake while you've gone to sleep, and drifted directly into a dream that you KNOW is a dream. You proceed to walk down a long path, and then fly up into the sky, knowing that you can't fall because you're dreaming

- You're suddenly aware of the fact that you're in a dream as a dog is chasing you. You turn around and tell the dog to stop, knowing that it will obey you because you're dreaming and it will do what you expect it to do

**And here are some examples of dreams that are NOT lucid:**

- You've had a dream in which you 'sort of' knew it was a dream, but you couldn't control it, and you only really knew it was a dream AFTER you'd woken up
- You'd been in a dream and unable to control it, but you had a sense something wasn't quite right (This is a very basic form of lucid dreaming but not an actual lucid dream because you weren't completely aware that it was a dream)
- You had a very vivid dream that felt real, but you weren't aware of it until you'd woken up

It's easy to get confused and think you've had a lucid dream when you actually haven't. Without being too cliché, you'll just KNOW when you've had a lucid dream. The experience will be so vivid and real, and you'll be unable to really explain how it's even possible.

You'll feel as if you'd just opened your eyes in a brand new world, and you KNOW you're there, in control, and it's real but you don't know how you got there.

You just sort of landed right in the middle of the action, but you know for sure that you're dreaming in that moment.

You might be running down a road when you suddenly look down at your hands and think 'This isn't real, I'm dreaming right now' and you then stop running and decide to do something else.

The point is, it will feel very similar to real life in the sense that you can decide what to do, and you know you're in control but it's also different.

It's different because you also KNOW that as it's a dream, you can't get hurt.

Nothing's real, and you can do anything you want, with no consequences.

**With enough practice, you can control almost any aspect of the dream.**

You can fly around magical landscapes, explore alien worlds, remove fear from your mind and much, much more. It's like you just woke up in a magical world where you're 'God'. You can do whatever you wish, and you're VERY aware of it all. It feels very real.

## How Fast Can I Learn?

I have people coming to me and asking 'how can I Lucid Dream TONIGHT?', but it doesn't really work like that. It comes down to the individuals (your) learning the skills and habits needed, and then putting them into practice.

The key word is practice.

If you just do nothing and expect to have lucid dreams, you're not likely to have lucid dreams.

You need to actually apply what you learn, practice it, and then keep practicing it over and over again each day. There are some habits that you'll need to build in order to lucid dream, and for most of you, this will be a new set of habits.

For some people, it takes a few days to do this, for others a few weeks but it probably won't happen overnight. That being said, it's entirely POSSIBLE that you'll have a lucid dream the first night you try, but I'm just saying up front that it's unlikely.

It doesn't matter though, because you have your whole life! We're asleep for pretty much a third of our lives: We've got time.

A third of your life is a LOT of time you could be lucid dreaming, and if you read and apply what you learn in this book you'll certainly be among the countless people in the world who can control their dreams.

You'll be able to do ANYTHING while you sleep, and you'll wake up feeling peaceful and refreshed, despite having just ran around the world, or flown over a rainforest like an eagle.

So now we've explained how it's not an 'instant' learning process, let's look at the good news: It's easy to learn and the habits are simple enough when you understand them.

*Key takeaway: You can't learn INSTANTLY and you certainly can't expect it to work within just a few hours or days. It's going to take a bit of time but it's worth it.*

## The Theory Of Lucid Dreaming

In a lucid dream, your brain works slightly differently than in waking life. In every day life, the human brain performs for a great deal of the time on what could be described as 'autopilot'.

You're not really aware of yourself and what you're doing from moment to moment. Some people are more aware of themselves

than others, and THOSE people will find lucid dreaming slightly easier.

Lots of people however, just aren't that aware of themselves, or to be more specific, they don't question their reality very often (or at all). They accept what they see around them as being true and normal.

Lucid dreaming is about recognising you're dreaming, but you can't do that if you never look around you in waking life and just ask yourself, 'Hold on, is any of this real? Am I dreaming right now?'

**That's the basics of lucid dreaming: ASKING yourself whether you're dreaming as often as you can, and then TESTING whether you're dreaming or not.**

Don't worry if this is confusing or strange, we'll cover it in much more detail later. So, be aware that the human mind normally, or at least sometimes runs on 'autopilot'.

When was the last time you looked around you and REALLY doubted if you were dreaming or awake?

Most people never do this. They just KNOW they're awake and so never doubt their reality or test it in any way. Well, today you're going to do something different.

You're going to actually test whether you're awake, right now.

Ready?

# Step 1: Are You Dreaming Right Now?

Look around you right now, and ask yourself: 'Am I dreaming?'. Look at the details of the room around you (or wherever you are) and question it.

Ask yourself:

- What's the material of your shirt made from?
- What does it feel like? Is it real?
- Now, look at your hands: Do they look and feel normal?
- COULD I be dreaming right now? How would I be able to tell?

It sounds silly and most of you will say 'well of course my hands look normal.. What else would they look like?', but in a lucid dream when you look at your hands they appear odd or different in some way.

When you experience this for yourself, (and you will, don't worry), you'll see what I mean. They look very different in a dream, and so a good 'reality check' is to look at your hands. Let's talk about reality checks, and what they are:

## Testing Your Reality Using Reality Checks

In order to lucid dream, we need a way of reliably testing whether we're dreaming or awake at any given time. We want this 'test' to be able to happen during the day as we go about our lives, AND during

the dream. This is so that when we perform the test in our dream, we'll realise we're dreaming and become lucid and in control.

'Reality checks' are the most fundamental way to lucid dream. They're a test you can do throughout the day at random times, to test whether you're awake or dreaming.

The idea is that by doing lots of little 'reality checks' or tests during the day, eventually you'll DREAM about doing a reality test, and the result will be different. You'll see the different result, and conclude that you're dreaming.

So what is a reality check and how do we do them?

**You have to do something (for the reality test) that has a specific and measurable result in real life, but one that will have a different result in the dream.**

If you've never experienced this or had a lucid dream it can seem a little confusing, but try to follow along, I promise it will make more sense as we go along.

**The first reality check we're going to use as an example is my personal favourite: Trying to push your index finger through the palm of your other hand.**

Hold your hand out in front of you and then look at your palm. Now with your other hand, try and PUSH one of your fingers through your palm.

Try this now so you know what it feels like. It always feels the same, doesn't it? The same resistance, texture, and you can always feel that the finger is not going through your other hand.

*In waking life, whenever you do this test, your finger will never go through your hand and you'll always be able to say 'Oh, well I*



*must be awake then'. In a dream however, when you try this, your finger WILL go through your palm!*

*Read that paragraph again please!*

When this happens in the dream, you'll instantly jump back and think 'Oh wow! I'm dreaming, my finger just went through my hand. That can't happen in real life! I must be dreaming right now!'. And you're now lucid. you can now control and decide what you want to do in your dream.

If you do a reality check enough times throughout the day, eventually, (hopefully after 5 days or so) they will start showing up in your dreams, and when you do the reality check, (trying to push your finger through your hand) it WILL go through, and you'll realise you're dreaming.

**It's very important to remember that you need to EXPECT the finger to go through the palm every time you do the reality test. With all of the reality checks, you need to expect the intended result to occur.**

So, if you're trying to push your finger through your palm, you must expect that it will go through, and truly believe that it will, even though you know that it won't in waking life. Only when it DOESN'T go through, can you conclude that you're awake.

The reason for this, is that if you don't expect it to go through, you get a false result in the dream, and there's a chance you'll do the reality check in the dream and the finger won't go through and you'll wrongly assume you're awake. So, like I said, EXPECT and believe that the finger will go through. This is important.

The reality check I'd like you to try first, is the looking at your hands and then trying to push your finger through your hand. It's

the most effective one, and it's very simple to master. There are other reality tests you can do, if you want.

As you're doing the test, ask yourself if you're dreaming. Only when the finger doesn't go through can you conclude that you're awake. There are other reality tests that can work as well, but here's the deal:

You need to pick a test that has a specific result. Something that can ONLY happen if you're dreaming. If you haven't understood this all so far, please return to the start of the reality checks chapter and re-read it, because it's important you know how it works.

In a dream anything is possible, so you can actually use a wide range of tests. Whatever the 'dream result' (the result that can only happen in a dream) is, you need to expect it to happen every time you try the reality test.

Here are some other reality checks and how they work:

- 1. Keeping your mouth closed, Pinch your nose together and try to breathe through it.** In waking life, you'll instantly realise that you can't breathe this way, but in the dream you can. You can 'breathe' underwater and in any situation in the dream.
- 2. Look at your watch, then look away, then look back.** Is the time the same? In a dream you'll notice it's never the same time when you look back at it. The clock hands move around randomly when you're not watching them!
- 3. Try and read some text and see if it makes sense.** Words in a dream are jumbled and often make no sense. Reading can seem difficult or confusing in a dream, but in

reality of course, it doesn't change and it makes sense when you read it.

So to summarise, reality checks are small actions you perform during the day, to test whether you're awake. Of course, when you perform them during the day you already know you're awake, but you should still do the test. You do the tests so that when you DREAM about doing the reality test, you'll get a DIFFERENT result and you'll realise you're dreaming.

As you're doing them, you must make sure you concentrate, and you focus on what you're doing. REALLY question whether you're dreaming or not, and look around you as well, asking yourself 'does this feel normal?' and 'could I be dreaming right now?'

## How OFTEN You Should Do Reality Checks

You should do a reality check or test as many times as you can throughout the day.

Realistically, you should aim to do about 10-20 reality checks during the day, every day.

This might sound like a lot but after you've been doing it for a while, you'll get used to it, and it won't feel like a chore any more. You'll just remember to do them naturally and it will become a habit. That's what you're aiming for with this, to build the HABIT of constantly questioning whether or not you're awake at any given time.

To remember to do your reality checks, you can set your phone or watch to remind you when it's the end of an hour so you don't

forget. About once an hour is a good time to do them, and it ensures you at least do 10 reality tests per day.

You will probably forget to do them unless you set yourself reminders, especially when you're starting out. I know I always used to forget to do them at the start so make sure you have an alarm, or a reminder set up at the start.

Try and get into the habit of doing them at the same time you would normally do something else.

For example, you could do them whenever you have a drink, or whenever you walk in or out of your room.

You could even write 'do a reality check' on a post-it note and stick it to your mirror or door frame.

Work out what things you do a LOT during a normal day, and make sure to do a reality check alongside those things. This is a powerful way of making sure you remember to do them.

Remember, reality checks are essential. You're doing them often during the day so that they're more likely to 'stick' in your mind and randomly appear in your dreams.

**If you went swimming every single day for a month, you'd almost certainly have a dream about swimming, right?**

It's the same principle here, you want to drill into your mind the idea of 'CHECK whether I'm dreaming or not'.

## The Best Times To Do Reality Checks

So now that you've understood reality checks, and you know you must do them several times a day, here's some powerful tips for

you. There are certain times of the day and certain events that are **KEY** to doing reality checks.

The first one, is to **ALWAYS** make sure you do a reality check first thing in the morning.

Why? Because many people experience what's known as 'false awakenings'. A false awakening is when you dream about waking up. You go through your morning routine, sometimes even get ready and travel to work and then you're snapped back to your bed and you realise you haven't woken up at all yet, and it was all a dream.

**Lots of people experience these false awakenings and they're the perfect opportunity to do a reality check.**

Make sure that every time you wake up, the first thing you do is do a reality check, to make **SURE** you're really awake.

If you do this every morning, whenever you have false awakenings, you'll go through the motions of doing your usual morning reality check, and you'll conclude that you're dreaming and become lucid!

It's a super easy way of getting 25% more lucid dreams, every time you have a false awakening!

The good thing about this, is that it lets you have those extra lucid dreams for free! You don't need to really put any effort into getting them, other than just doing one reality check as soon as you wake up in the morning.

Not only that, but doing reality checks first thing in the morning **TRAINS** your mind to become more critical of your reality during the early hours of the morning, and so you're 10 times more likely

to have your reality check pop up in your dreams and induce a lucid dream.

On that note, you should also make sure that EVERY TIME you wake up during the night, you instantly do a reality check.

Think how often you have dreams where you're not quite sure if you were dreaming or not, and you were 'half asleep' during the night?

I have this fairly often and so doing reality checks whenever you wake up is a very easy way of having more lucid dreams.

The second most powerful time to do a reality check is whenever you experience, see, hear or feel something STRANGE. Anything that's unusual or that could be a dream, instantly do a reality check.

If you see a strange van driving through town that you wouldn't normally see, like a giant painted van with strange pictures on it? Reality check.

If you see someone painted entirely in orange running through town? Reality check.

If you hear a strange sound and you're not sure where it came from? Reality check.

The idea is you want to TRAIN your mind to do a reality check every time you experience something strong or unusual.

The reason is that in a dream, a lot of strange and unusual things happen and if you could train yourself to do a reality check every time something strange happens you'd have dozens of extra lucid dreams!

# Step 2: How To Remember Your Dreams More

In order to become a lucid dreamer, you'll need to start writing your dreams down and remembering more of them.

**The act of trying to remember your dreams can be referred to as 'dream recall'.**

It's easy to get started. When you wake up in the morning, write down everything you can remember from the night before. All of the sights, smells, feelings and emotions.

Try to highlight important bits as well, like names places and times or specific events and objects. These can be important in the future, and for helping you to recognise when you're dreaming.

## What To Do If You CAN'T Remember Your Dreams

If you can't remember any dreams, don't panic.

A very common mistake people make is thinking that just because they can't REMEMBER any dreams, they're just not having them. That's a wrong assumption to make.

Everyone dreams every night, the problem is that most of us don't, or can't remember our dreams. You'll start remembering much more about your dream life if you just try, and if you just form the habit of trying to remember every morning.

**If you can't remember ANYTHING at first, just write down the date, and 'No dreams recalled'.**

**Do this EVERY morning when you're starting out and keep doing it until you have results.**

It might seem silly if you can't remember anything, but after just a few days of doing this, and TRYING to remember your dreams first thing in the morning, you'll definitely be able to remember them very soon. Your subconscious mind will very quickly adapt and start making it easier to remember your dreams.

Writing dreams down is very important, and even when you're getting results and lucid dreaming every night, keep doing it. What's the point of having lots of beautiful dreams if you can't even remember them? They would be wasted memories!

It's essential at the start, to write down your dreams and make sure you get into the habit of trying to remember your dreams every single morning.

This can't be stressed enough.

When you first wake up in the morning your mind is flooded with all sorts of thoughts and ideas, so it's not easy to remember dreams.

Everyone dreams every night, but the reason not all of us remember those dreams is because:

1. They don't try to remember them at all
2. They don't have a dream diary to write them down
3. They're distracted by the thoughts of the next day



To get started, get a dream diary. I like to have a nice leather bound dream diary because it makes the whole process seem more magical and special, but you can use whatever feels right for you.

You don't need anything special if you don't want it, as long as it's a big enough notepad to be able to maybe write in the margin or annotate things a little bit.

Make this a habit and from now on, write down as much as you can remember about your dreams every single morning.

It's actually really important that you start and KEEP writing your dreams down. I know it can be annoying but it's pretty much the thing that's going to make the biggest difference to whether or not you can lucid dream and once you've got into the habit of it, it's easy!

## Why Dream Recall Works

*Here's the deal:*

*What you're doing by writing (or trying to write down) your dreams, is telling your subconscious mind that you want to be able to remember your dreams.*

Your subconscious mind is a very powerful thing, and by giving it the message that you WANT to remember your dreams, it will respond. You'll start recalling more dreams as if it were second nature to you. You may even start remembering your dreams from the past.

Write whatever you can down, and also if you've never kept a dream diary before but you can remember something from a past dream, write that down too, right at the start of your diary. It may

be from a few years ago but that doesn't matter. Just write down anything you can remember and highlight the important bits like we said.

There are a few things you can do when writing your dreams down to make the process a bit easier, and also to make it more effective:

## Expert Dream Recall Tips

### **1: Write down what technique you used**

When you're writing down your dream in the morning, if it was lucid, write the technique or reality check you used next to the date. This will help you when you look back on your dreams to see which techniques and reality checks are working best for you!

### **2: Dream recall anchor**

Pick an object in your room that you INSTANTLY see when you wake up, from your bed. You're going to create a mental link between that object and the act of remembering your dreams.

Every time you see the object, tell yourself that you can remember your dreams easily when you look at it. Practice by remembering past dreams while looking at the object.

After a while, every time you see the object, (which will hopefully be every time you wake up) you'll be able to recall your dreams!

### **3: Take vitamin B6!**

This vitamin has been known to improve your memory in waking life, and also your dream recall ability. (Please note that this is in no way a professional medical recommendation, it's my experience

and common knowledge and therefore you take full responsibility for consuming or not consuming this supplement).

#### **4: Lay there with your eyes closed!**

If you're having trouble with remembering your dreams in the morning, a good way to improve your dream recall is to just lay there as soon as you wake up with your eyes closed. This will help you to think about the dreams and not just be distracted by all of the thoughts of the day.

## How To Use 'Dream Signs' To Remember More Dreams

**You may notice that when you dream (for the dreams you can actually remember) there are certain things that keep popping up again and again.**

Certain things just seem to keep appearing in your dreams, right? These are known as 'dream signs' and it's vital to recognise these early on, and write them down in your dream diary. Highlight them and make a note of them at the front or back of your diary.

Think about your dream signs as you wake up and when you go to sleep. Think about them and tell yourself 'When I see this sign, I'll KNOW I'm dreaming'.

If you find that you're a person with something that **KEEPS** popping up in your dreams, use it to your advantage. Write it down like I said, and think about it daily.

Soon you'll be in a dream and you'll see your 'dream sign' and you'll say to yourself 'I'm dreaming'.

For example if you always dream about the same brown cat running down a road, you could do this:

Tell yourself 'every time I see a brown cat, I will ask myself 'Am I dreaming?' and do a reality check.

Tell yourself this over and over again, and eventually you'll be in a dream and you'll see your brown cat, and you'll say 'OH! IT'S THE CAT! I must be dreaming'. It will be a very sudden realisation, almost like you're being 'snapped' awake.

## Step 3: Creating The Ultimate Lucid Dreaming Environment

**The way you sleep has a big effect on your lucid dreams and your health in general.**

What we're talking about here is the times you go to bed and wake up, as well as the physical area (bedroom) you sleep in.

*It's important to realise that not all sleep is created equal.*

You can sleep for 12 hours and still not be rested, but you can also sleep for only 6 and feel very refreshed. It comes down to the environment you're sleeping in, as well as your 'sleep pattern'. This means the natural, regular way you sleep.

*If you're the sort of person who maybe gets up early every day during the WEEK but sleeps in until 11AM on the weekends, that's going to be a bit of a problem.*

*It's not a huge issue but we'll explain more about that later.*

*If you don't have a regular pattern, and you just go to bed at random times and wake up when you feel like it, you'll more often than not, be tired throughout the day, and be more prone to things like nightmares, insomnia and anxiety.*

## How To Sleep BETTER Every Night Naturally

The good news is it's easy to correct your bad sleep habits, and I'm going to share a quick way to change your sleep cycle and get it back to normal.

**To clarify, 'normal' is defined as naturally waking up when the sun rises, at the same time every day, without an alarm clock (yes it's possible!).**

**Feeling energetic, healthy and positive all day long, and then starting to naturally feel tired at about 10PM at night.**

To start with, pick a time to wake up. For example, I'll pick the time of 6AM. That's the 'goal' time to wake up. Now, in order to set your sleep cycle, you'll need to first tell your body you want a change.

To do this, simply set your alarm for 6AM, and get out of bed at that time every morning, no matter how bad you feel.

It may feel bad for the first few times, that's normal. At first, you'll feel like you're a zombie, and you just can't focus.

You'll be yawning and stretching all day long.

In fact, if you've been used to getting up at random times or always late in the morning, this will not be pleasant at all. When I first did this to reset my sleep pattern, I felt horrible all day for the first 3-5 days. (After that, however, I felt fantastic).

Keep doing it, and eventually you'll notice that you're feeling tired naturally in the evenings at about 10-11PM. Go to bed then, and over the course of a week you'll have reset your body clock.

You ideally want your body clock to be in synch with the light/dark cycle of the normal day. (This is known as your 'circadian rhythm').

Going to bed when it's dark and waking up when it's light (which is at about 5-6AM) has been the normal way of doing things for many thousands of years, it's only fairly recently that we've been able to artificially keep our houses light with electricity.

For a healthy nights sleep, it's always best to go to bed at about 10-10.30PM and wake up at about 6AM. Once your sleep pattern is in place, lucid dreams will become a lot more likely. You'll also feel better, and have more physical and mental energy.

To make your sleep even more restful, make sure to block out ALL light from your room when you sleep. Invest in some blackout curtains, they will do WONDERS for your sleep.

When sunlight (or artificial screen light) hits your eyes/body, it releases certain hormones in your body which are responsible for waking you up and making you feel 'ready to go'. They're known as

'Stress hormones' and they are NOT good when you need to fall asleep.

Light hitting your eyes (and skin) creates these hormones and they make it very difficult to get a good nights sleep. Make sure there is no light in your room when you're trying to sleep.

*So to summarise, try and set an alarm for the SAME time every single morning, even on weekends.*

*Try and wake up every single day without staying in bed and negotiating with yourself about whether or not you need to.*

*It might be tough at first, but it's going to form a strong foundation for lucid dreaming techniques and things we'll learn later. It's also a good way of feeling better and improving your health in general.*

## Caffeine: A Blessing And A Curse

Coffee is a great drink, I used to have one every morning and it really helps me to wake up.

It's a fairly good thing to help you feel ready to go, BUT if you drink coffee too late in the day, it interferes with your sleep. It's best to not drink or consume ANY caffeine after about 1-2PM. Caffeine has a 'half life' of about 8 hours.

This means if you consume 100mg of caffeine at 12PM, by 8PM there will still be 50 mg ACTIVE in your bloodstream. By the time you try to fall asleep, there might still be enough in you to keep you awake.

Make sure that if you drink coffee, (or other drinks containing caffeine) you don't have any after about 2PM in the afternoon.

Drinking caffeine after this time will likely keep your body and mind awake, and you'll find falling asleep very difficult.

That being said, in the morning, it's a great way to get your body going and fire up your mind and thinking abilities. I love coffee, but it's both a blessing and a curse, so be careful. Don't have caffeine after 2PM if you want to sleep well!

*Be careful with other drinks as well. Sometimes drinks that appear healthy or unrelated to coffee actually do contain caffeine. Lots of teas (even green teas) have caffeine, either naturally or added in.*

*Check the ingredients and remember that it's not ideal for lucid dreaming if you consume LOTS of it during the day and late in the afternoon.*

## Creating A 'Lucid Dreaming Bed' To Maximise Your Chances

An important part of getting good sleep is the environment in which you sleep:

### **Your bedroom.**

The things you have in your room and the distractions around the room can play a part in how you sleep and dream. It's best to have no noise, and no light in the room when you're trying to sleep.

This will be the most natural way, as having light in the room will cause your body to create something called 'Serotonin', which is a neurotransmitter that makes you feel 'awake and switched on'.



To give yourself the best chance of lucid dreaming, set up your bed so that it faces the window and therefore the sunlight. You want the sun to hit your face and body as much as it can, as it rises in the morning.

You also need to have your bed set up so that there's a circulation of fresh air underneath and around it.

Your body temperature needs to drop in the night to allow you to enter deep sleep, and it can't do this easily when there's no good circulation around the bed and mattress.

*Quick note: As I said, the best way of using this book is to start DOING as many of these things as you can. You don't have to do all of them, but there's no real 'order' to these things, they're just 5 steps you can take to start lucid dreaming.*

## Creating Your 'Lucid Dream Pillow'

**Another thing you can do is creating a dream pillow. The pillow you sleep on doesn't have to just be a boring piece of material.**

Add herbs and incenses to the pillow (by spraying them or creating a small herb bag that you put in the pillow) to encourage a deep sleep and more vivid/lucid dreams.

Here's a very simple way to create a lucid dreaming pillow. Take a normal pillow and remove the cover.

Spray the inside of the cover with lavender pillow spray and then put it back over the pillow.

Now prepare a small cloth bag with some herbs such as:

- Lavender
- Lemon Balm
- Rosemary
- Essential oils
- Mugwort (but not if you're pregnant or breastfeeding)

You don't need to put huge amounts of these herbs in the bag, just enough so that you can smell them and their incense and aroma is released into the pillow.

The idea is that you'll breathe in the fresh scented air, and relax more deeply. Most of the herbs mentioned are proven to help you relax, sleep better and have more vivid dreams.

It's really surprising how much of a difference a little bag of herbs like that can make to your sleep. I find that within the first night of putting the herb bag in the pillow I can fall asleep faster.

Combine that with other sleeping hacks like incline bed therapy and you're off to a great start. Inclined bed therapy is where you prop up the HEAD of your bed slightly (only by 4-6 inches) with books or bits of wood.

*It makes sleeping much easier, reduces inflammation and stops acid reflux or digestive issues. It's GREAT for falling asleep faster as it encourages optimal blood circulation so your body can cool or heat itself up more easily.*

# Tip For Falling Asleep Faster

- Try not looking at any screens, phones, or light sources for an hour before going to bed and you'll find it MUCH easier to go to sleep.
- Some people find it easier to go to sleep with 'background noise' in their room like a quiet radio or even rain noises outside. It's about finding what works for you. You'll probably know if you find it easy to sleep with noise or without, so go with what works for you.
- If you don't like noise while you sleep, then make sure there's nothing making noise before you get into bed.
- Another thing is light from things like TV screens and laptop chargers. I've found that the little flashing light on chargers, routers and screens can sometimes keep me awake, everyone's different so find what works for you.

## Step 4: Lucid Living Practices

**It's important to consider how you think and behave during the day before trying to lucid dream during the night.**

Your thoughts are all stored in your brain, and your brain is used for both being awake, and for dreaming so they're closely linked. Consider the following:

- What did you have for breakfast today?
- Can you remember?
- What about yesterday?

Think about the first person you saw after you woke up yesterday, what colour were their socks?

Most people aren't very aware of themselves in waking life, and I think that it's important to improve this, especially if you're a Lucid dreamer, or if you want to become one.

'Lucid living' is the idea of living completely consciously and being aware of every action you take. It's the long term goal for most Lucid Dreamers and it should be yours too. It allows you to take control of your life, not just your dreams.

**The idea is simple: become more aware of yourself and your surroundings during the day as much as you can.**

Easier said than done though, right?

I mean, who wants to be totally aware of the boring traffic on their way to work? It's no wonder people zone out sometimes and go into 'autopilot'. But it doesn't have to be that way.

Try really hard for just a few days to be aware of everything you're doing throughout the day. Everything you say, everywhere you go, be aware of it. Look around you, and question everything you see. Look at the cars on the road as you're driving:

- What make of car is it?
- What does the driver look like they do for a living?

- Where do you think the driver is going with their life?
- How did you get to where you are now?
- What were you doing 15 minutes ago?

Ask yourself questions about everything you see. This will make you more grounded and aware of yourself in waking life but also in dreaming life.

It will make you question reality much more in your dreams and this ultimately will lead to more Lucid Dreams.

This WILL start to work in your dreams if you do it enough throughout the day, and it will also make you more conscious of your actions during the day and hopefully you'll be able to look around your life and think 'What could I improve?' or 'Why am I doing things this way?'.

The idea is that you should start trying to be more aware of yourself. Start asking more questions, and stop just blindly doing whatever you've become used to doing out of habit.

Practice deciding what to do consciously, and looking around you critically.

Don't just accept whatever you see as real, question it. If you're walking through a field and you hear a strange noise, ask yourself 'Am I dreaming right now?'.

This subtle mindset change will give you more random lucid dreams.

# Meditation: The Lucid Dreamers Best Friend

**Meditation is something I believe is essential to lucid dreaming. When you learn to lucid dream, among other things you're learning to become more self aware.**

*You're learning to become AWARE of yourself while you're dreaming, right?*

Well, a key part in this is becoming more self aware in your waking life, and one of the BEST ways to do this is to meditate.

Meditation is a way of calming your mind. There are studies showing that meditating improves your physical and mental health, and can even reduce the risk of things like cancer, diabetes, and it can cure depression to some degree.

Meditation is about freeing your mind and coming to a sense of 'calmness and awareness'. It can be achieved by simply sitting down comfortably and breathing. Thinking about nothing and just 'being'. The basic definition of meditation is a practised mental focus on an object, sound, thought, feeling, or space.

Through this, we can improve our mind, reduce stress, improve memory, and a whole lot more! It's basically as incredible as lucid dreaming in terms of benefits, and the best part is that by practising one, you're automatically going to improve at the other.

Meditation is one of the fastest ways to fast track your lucid dreaming. To get started with meditation, simply sit comfortably, (Or lie down) and breathe.

Count your breaths up to ten, and then start again from zero.

Don't move any muscles, and completely relax. Think about nothing other than your breathing. Do this for 15 minutes, twice a day. The best times are just when you wake up, and right before you go to bed.

You could also meditate during the day as well, maybe on your lunch break at work. Remember though, the best times to meditate are when there are no distractions, and no annoying noises.

Interestingly, there have actually been studies showing that meditation every single day can lengthen what are known as 'telomeres'.

These are like the plastic cap on the ends of your shoe lace. They essentially PROTECT your chromosomes from decaying and 'fraying' like a shoelace.

With SHORT telomeres, your ageing process happens faster, but with meditation you can physically lengthen these telomeres, meaning you age slower. You AGE SLOWER!

How insane is that considering meditation is free, easy and you can learn it in just a few minutes. What would you rather do?

## Step 5: Seeing The Bigger Picture

**The idea of lucid dreaming, is that you're training your mind to be more aware in your waking life AND your dreaming life.**

It's hard to have one without the other, and you'll find that if you JUST practice being aware in your dreams, you'll BECOME more aware in your waking life. If you practice being more aware in your waking life, you'll BECOME more aware and lucid in your dreams.

They're like two sides of the same coin. You're training yourself to be more aware, and a side effect of this is that you'll 'wake up' your mind in your dreams.

This allows you to do anything you can imagine, as we've discussed. Practice everything you've read so far, and make sure to follow it to the letter.

Really put the effort in, especially with the reality checks. Do them about once every couple of hours for as long as it takes. Mix them up, and write everything down in your journal.

Also, set yourself a schedule.

Make sure to do your reality checks every day several times. Like I said, setting a reminder on your phone really does help with remembering to do them.

Recall your dreams in your dream diary, and make sure that even if you can't remember any dreams you're still writing in it. ('No dreams recalled').

## A Simple Lucid Dreaming Technique That Most People Get WRONG!

**Once you've started practicing the technique we've covered so far, you'll soon be ready to try an induction technique.**

There are many induction techniques for lucid dreaming, but none of them will be effective if you don't practice and learn the basics first.



That's why the focus of this book has been on the fundamental understanding, rather than specific induction techniques.

This is because learning and understanding the basic theory of lucid dreaming will do more for you than any other technique.

That being said, I'm going to share this technique with you so that you can use it when needed to induce lucid dreams.

The WBTB (wake back to bed) technique is a powerful lucid dreaming induction technique, and should ONLY be used when you've actually practiced everything else I've shared in this book so far.

I find it's a lot easier to have lucid dreams when you've got the basics down. You're writing your dreams down, remembering dreams, and doing daily reality checks.

**The wake back to bed method, as the name suggests involves sleeping for a few hours, waking up, and then going BACK to sleep with the intention of lucid dreaming.**

Why do we sleep for a few hours first?

Because In your sleep, you have several sleep 'cycles'. In these sleep cycles you have a portion of what's called REM sleep which means 'rapid eye movement' sleep.

It's during THIS time that we dream the most, and are most likely to have lucid dreams. The later in the night it is, or rather, the closer you are to waking up, the longer these REM sleep periods are.

This means that the best time to lucid dream is just before you wake up in the morning.

The easiest way to target this part of your sleep, is to simply set an alarm for two hours before you'd normally wake up, and then go BACK to sleep with the intention of lucid dreaming.

What's really happening here, is we're going to be waking ourselves up during, or just before our longest periods of REM sleep. When we wake up, it's important to make sure your mind is instantly alert and focused.

Your body will be tired, and this is good.

Your body will be begging to go back to sleep and to rest. This is perfect. What we want is for our body to fall back asleep, and our MINDS to stay awake and have a lucid dream. Sounds crazy, but stay with me, it works.

When we go to sleep, after a while our mind shuts down our muscles so we can't move. This happens to us every night, but most of the time our minds are asleep long before our muscles get paralysed.

Our minds do this to make sure we don't 'act out' the dream or start moving around in the night. It's a clever little trick. We're going to attempt to keep our minds awake WHILE this happens, so we'll be able to effectively 'walk right into' a dream and control it.

The process of your mind paralysing your muscles during sleep is called 'sleep paralysis'. There are scary stories of this on the internet, but you shouldn't listen to them. It happens to everyone every night, and it's normal. We're just not normally aware of this process because most of us don't try to lucid dream every night.

To lucid dream using this technique, we need to just be aware that there might be a point where we're awake, (or at least, our minds

are) and we're aware of ourselves laying on the bed, BUT we can't move.

This might happen for some of you, and it's nothing to worry about. As soon as you drift fully into the dream, you won't know it's happening. when you wake up, you'll just wake up normally like you always do.

It's a hybrid! Alright, actually this technique is a combination of the WILD (Wake induced lucid dream) and the WBTB.

It involves you waking up during your REM sleep, (from the WBTB technique) and then going back to sleep while keeping your mind awake (the WILD technique). It's something that I've found works very well for beginners and advanced lucid dreamers alike, so I'm sharing it with you here.

### **So to perform the WBTB technique, you need to:**

- **Set your alarm for 2 hours before you'd normally wake up** (for example if you'd normally was sup at 8AM, set your alarm for 6AM)
- **Wake up, stay in bed but turn your alarm off:** Start thinking about lucid dreaming and what you're going to dream about (The more vividly you can picture what you want to dream about, the better)
- **Let your body fall asleep:** Keep your mind awake and focus on keeping your mind alert but let your body become paralysed and fall asleep
- **Enter the dream:** After about 10 minutes or so you'll notice shapes, colors, and sounds swirling around you. This is the dream

forming around you. Stay calm, keep your mind awake and  
DON'T MOVE

- **You're now lucid:** Enjoy it and do whatever you want! There will be some tips at the end of this book for staying in the dream for longer, so don't miss those! Trying to do exciting things like having sex or fighting will make you wake up faster, you've been warned!

So, what are reality checks for, if you can just use this technique to lucid dream? Don't get confused here, the technique I'm showing you (The WBTB) can be used separately to reality checks.

If you don't want to mess around with alarm clocks and sleep paralysis, you can JUST do reality checks and the other things I've shown you, and STILL lucid dream.

What happens in that situation is you'll go to sleep normally, and then after a while, you'll NATURALLY be in a dream during your REM sleep, and you'll 'randomly' do a reality check IN THE DREAM and become lucid.

The WBTB technique is just taking the waiting out of the equation and just going straight into a lucid dream at the perfect time. You don't have to use the technique, and you can lucid dream just using what I've shown you before.

What I would suggest in fact, is to just try and naturally lucid dream using reality checks. You can use the technique if you want to, but you don't have to.

The truth is, if you now practice those 5 steps (even if you DON'T use the WBTB technique) you'll have lucid dreams naturally within a few weeks.

I really hope that unlike most people who try and learn lucid dreaming, you REALLY try these techniques. Lots of people just like the idea of lucid dreaming and they think they'd want to learn it, but don't actually do it.

## Step 6: (BONUS) How To STAY Lucid And Create More Stable Lucid Dreams

This is a little extra part for you, intended to be used when you've got lucid the first time and when you've practised everything I've taught you in this book so far.

**When you've achieved lucidity, the most COMMON thing to happen is that you'll get so excited that you'll wake yourself up.**

This is because you're not used to the experience, and by nature, it's a fragile experience anyway.

You're so very close to being awake that too much excitement will wake you up outright. You need to maintain your calm and make sure to not get too carried away.

From my experience, when you first become lucid, you'll get too excited and wake up, and also when you have lucid sex, (unless you're an experienced lucid dreamer) you'll usually wake up pretty quickly with that one too. So what can you do?

Well, by meditating in waking life, you'll develop the ability to stay focused and calm regardless of what's going on around you. This is **KEY** in staying in a dream longer.

You want to try to be engaged with what's going on **BUT** not too involved. Don't get too carried away, because you'll either lose your lucidity and have a normal dream, or you'll wake up. You need to walk the fine line between dreaming and being awake.

It's very much like walking on a tightrope. You wouldn't expect to stay on the tightrope very long if you were shouting 'I'm Lucid!' at the top of your lungs, and you wouldn't expect to stay on long if you were having sex!

Of course, that's a basic analogy, but you get the idea. Don't get too caught up with the emotions of the dream, because you **WILL** wake yourself up. Be more like an observer of the dream.

## Simple Ways To Lucid Dream For Longer

When you're lucid, focusing on something will make you stay lucid for longer. Here are some techniques you can try:

- **Rubbing your hands together:** Look down at your hands and rub them together. Focusing on this will ground you in the dream and make it less likely that you'll wake up.
- **Spinning round in circles:** Same principle as the rubbing your hands together. Spin around on the spot. Be careful though, this one can land you in a totally different dream scenario. (If you focus on another place that you want to go while spinning, you'll be **THERE** when you stop spinning!).

- **Asking the dream to make you lucid:** In a lucid dream you can actually talk to the dream itself. Once you're lucid, just shout out to the dream: 'Keep me in this dream for longer' and it will! We'll talk more about dream commands in a moment.

## Don't Stop Reality Testing!

**Aside from waking up, another problem you can have is that you'll become lucid and then lose it during the dream.**

This happens when you get too emotionally involved in what's going on, and you forget that it's a dream. It's easily done, and even small things can cause you to lose your focus.

Let's say you're lucid, and you are having a chat with your friend about work. Next thing you know, he says 'Look Out! There's a huge dinosaur!', Then you're running for your life with your friend, and you've forgotten you're lucid.

To combat this, just do a new reality check every now and then when you're walking around the dream! It will keep you grounded and stop you waking up.

Many people become lucid and then walk around doing what they like. They often find that shortly after, they're no longer lucid and they wonder why they 'stopped being lucid' so soon.

It's because you need to keep doing reality checks every time you feel the dream fading, or you feel like you're going to get swept up in the dream storyline.

# What About Lucid Dreaming Supplements?

**Supplements and nootropics (smart drugs) are substances you can ingest that can help you have better lucid dreams.**

I've personally used a fair few of these, and they really help you to stay in the dream for longer.

They all work slightly differently, and before trying any you should do your own research and consult your doctor to make sure they're not going to conflict with any other drugs or medications you may be taking.

I think people should try and experiment with these supplements, because they can and will make your dreams more vivid, longer, and more likely to be lucid.

That being said, you should always try and work these supplements into your regular lucid dreams, and NOT rely on them to give you lucid dreams without doing any work or practicing the habits. They're lucid support, not a replacement for the lucid work.

Because we know that lucid dreaming is a result of waking up your mind during REM sleep, there have been many supplements created to help lengthen REM sleep.

There have also been supplements designed to make us more aware and alert during the REM sleep. You can learn more on my site about this.



# Talking To Your Dream Directly ('Dream Hacking')

**A dream command is when you directly ask the lucid dream for help.**

For some reason, (there's no scientific explanation for this yet) a lucid dream can seem to perform and behave independently of you, the dreamer.

This means you can be in a lucid dream, and actually talk to the dream itself.

A deep voice will usually reply (it might be a soft voice, depends on the person), and you'll feel like you're talking to the world around you, and getting a response.

You can treat the lucid dream as a friend or a guide, and ask it for things. There are lots of 'dream commands' you can try. This is one of the most common mistakes people make.

Beginners will often get lucid, and wonder why they can't control things or why they're always waking up too soon. By just asking the dream to help you, you can avoid most of these beginner problems.

To ask the dream something, just ask it out loud in the dream. You don't need to be anywhere in particular, and you don't even need to talk to a dream character. Just say the command or question out loud and it will respond. Here are some common dream commands you can use:

- 'Make the dream more vivid'
- 'Make the dream brighter'
- 'Show me my life purpose'

- ‘Show me something incredible’
- ‘Surprise me’

You’ll be very surprised at what the dream can do and what it can show you.

Treat it like a friend that’s guiding you through the experience, and showing you things that you need to see. Bear in mind however, that because the dream itself is somehow separate to your conscious dreaming body, it won’t always do what you want.

## Tips, Tricks And Warnings

**There is of course, more to learn about lucid dreaming.**

It's a skill which can always be improved upon and there is always something else to try. Here are some helpful resources, tools, tips and warnings for you to help you along your journey.

## The Most Common Beginner Mistakes

Time and time again, beginner lucid dreamers make the same mistakes. I’m not sure why, but it seems people just approach it in the same way and make the same silly errors. Here’s how to avoid making these same mistakes.

**Firstly, understand that lucid dreaming is a process, and not a one-time act or event.**

It’s a process of growing as a person, expanding your mind, and building habits of self awareness.

It can't be mastered in one night, one week, or even one lifetime. There will always be something to improve, and here's the kicker:

There will ALWAYS be some nights where you can't control the dream. There will always be nights where you have nightmares. There are always going to be periods of time where no matter what you try, you just can't get lucid.

It's the same with ANY skill...

If you play an instrument, you'll have periods of time where you don't feel like you're improving at all. Periods of time where you feel like you're rubbish at playing the instrument and you can't play at all. But then, you break through those tough times and reach a new level.

It's sometimes referred to as 'plateaus'. A level where you feel like you're not improving, and even getting worse, but then breaking THROUGH the plateau feels like you've just doubled your skill. It's like that with lucid dreaming.

So, please don't get discouraged if you have a period of days, or even weeks where you can't lucid dream or can't feel any progress. You are getting better, you just don't always notice it. It's a slow growth but by practicing the right things you'll get there.

**Here are the most common beginner mistakes and how to avoid them:**

- **Trying too hard:** You want to make sure that you're intending to lucid dream, but you're not trying to do it too hard. If you get frustrated when it doesn't happen for one night, you're trying too hard. Let it happen, don't try to MAKE it happen

- **Not meditating:** Meditation is an important part of lucid dreaming that lots of people dismiss as irrelevant and try and lucid dream without it. Don't do that, set aside 5 minutes a day (everyone has 5 mins) and meditate
- **Not believing in it:** If you don't even believe that you can lucid dream, you'll never be able to. It's like trying to ride a bike while firmly believing that you'll never be able to ride a bike. Very difficult indeed!
- **Having a terrible sleep pattern:** You should not be going to bed anytime after 12PM. Lots of gamers especially, go to bed at 5AM. This is not going to give you lucid dreams! Sort your sleep out! I'm waking up at about 5AM these days!
- **Being too distracted:** Your room needs to be dark, quiet and cool. Don't have lots of machines whirring in the background, and if it's light outside (streetlights etc) invest in blackout curtains
- **Only 'half trying':** If you just read a couple of books and try and jump into doing an induction technique like the WBTB you won't have much luck. Lucid dreaming is a holistic experience, so focus on the big picture and do it right. Meditate, learn the habits, do the reality checks, practice the right things

# How To Simulate Your Fantasies And Create Dream Scenes

**Through lucid dreaming it's possible and very likely that you'll dream about things that you've experienced in waking life.**

Things like films, games, and events or experiences you've already had. This is known as 'day residue' and you can use this to simulate your favourite video games and films.

Many times, I've created lucid dream worlds where I can become my favourite superhero or game character. It's very simple to do:

- **Start by taking it all in:** Watch or play your chosen media as much as you can during the day, and the whole time you're playing or watching it, try and FEEL what the character feels. Imagine you're actually them!
- **When you're not playing or watching your media, continue imagining what it would feel like** to be the character or to be in the film. Go about your daily life as if you were that person
- **Repeat a mantra:** As you lay down to go to sleep, tell yourself over and over again 'I will simulate this game' or 'I will become this person from this film tonight'

**Enter the rabbit hole my friend. It starts with you. You can take the first step, and you'll be AMAZED at what your brain can do.**

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