
FRONT COVER:

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Foreword

Endowed by the knowledge that the world they're experiencing is an origination of their own imagination, lucid dreamers may consciously influence the effect of their dreams. They may produce and transform objects, individuals, situations, worlds, even themselves. By the measures of the familiar world of physical and social realism, they may do the impossible.

The world of lucid dreams supplies a huger stage than ordinary life for nearly anything imaginable, from the frivolous to sublimity. You may, if you opted, revel at a mars festival, soar to the moon, or travel to secret lands. You may join those who are testing lucid dreaming as a tool for issue resolution, self-healing, and personal growth. Or you may explore the significances of teachings from ancient customs and accounts from modern psychologists that say that lucid dreams may help you find your deepest identity—who you truly are.

The Lucid Dreamer's Diary

Your Guide To Experiencing Your Wildest Dreams In Reality Through
Lucid Dreaming

Chapter 1:

Introduction To Lucid Dreams

Synopsis

Lucid dreaming has been acknowledged for centuries, but has till lately remained a rare and little recognized phenomenon. My own scientific and personal explorations, together with the findings of additional dream researchers across the world, have merely started to shed light on this strange state of consciousness.

Lately, this fresh research field has captivated the attention of the population outside the domain of scientific dream research as studies have demonstrated that given suitable training, individuals may learn to have lucid dreams.



The Basics

But why are individuals interested in learning to be conscious in their dreams? Fitting in with my own experience, and the testimony of 1000s of additional lucid dreamers, lucid dreams may be inordinately vivid, intense, gratifying, and exhilarating. Individuals often consider their lucid dreams as amid the most fantastic experiences of their lives.

If this were all there were to it, lucid dreams might be delightful, but finally trivial entertainment. But, as many have already discovered, you may utilize lucid dreaming to better the quality of your waking life. 1000s of individuals have said how they're utilizing the knowledge and experience they've gained in lucid dreams to help them acquire more out of living.

While the outlines of a practical art and science of lucid dreaming are simply starting to emerge and the systematic utilization of lucid dreaming as a tool for psychological self-exploration is still in its infancy, most individuals may safely utilize the available knowledge about lucid dreaming to carry on their own explorations.

Likely the only individuals who shouldn't experiment with lucid dreaming are those who are not able to distinguish between waking reality and expressions of their imagination.

Learning lucid dreaming won't cause you to lose touch with the difference between awakening and dreaming. To the contrary, lucid dreaming is for being more aware.

This book draws on a number of sources of knowledge about lucid dreaming. This book strives to lay out, in a bit by bit fashion, everything you have to know in order to learn the skill of lucid dreaming.

How effective it will be for you depends upon your individual psychology and physiology. Experiment with it, test them for yourself, and determine what works best for you.

You're not likely to learn lucid dreaming by rapidly skimming through this book. Like most anything else worth acquiring, lucid dreaming calls for effort.

Motivation is a crucial requirement; you have to truly want to do it and make sufficient time to practice. If you persevere we're confident that you'll increase your proficiency at lucid dreaming.



Chapter 2:

Are Lucid Dreams Worth It

Synopsis

Before we get into the particulars of how to experience lucid dreams, let's take a closer look at the reasons for finding out how to wake in your dreams. Do the likely advantages justify the time and work called for mastering lucid dreaming? We believe so, but read on and choose for yourself.



Is It Worth The Work

Proverbially, and undeniably, life is abrupt. To make matters more defective, we must spend between 1/4 and 1/2 of our lives asleep. Many of us are in the habit of literally sleepwalking through our dreams. We sleep, mindlessly, through many 1000s of chances to be amply aware and alive.

Is slumbering through your dreams the best utilization of your limited life? Not only are you blowing part of your finite store of time to be alive, but you're missing chances and lessons that might rest of your life.

By waking to your dreams, you'll add to your experience of life and, if you utilize these imparted hours of lucidity to experiment and exercise your brain, you may likewise better your use of your waking hours.

We may bear not only knowledge but likewise moods from the lucid dream state to the awake state. If we awake laughing with delight from a fantastic lucid dream, it isn't surprising that our waking mood has been lightened with feelings of joy.

This carryover of favorable feeling into the waking state is a crucial aspect of lucid dreaming. Dreams, recalled or not, frequently color our mood on awakening, occasionally for a great part of a day.

Even as the negative aftereffect of "bad" dreams may cause you to feel as though you got up on the wrong side of the bed, the favorable feelings of a pleasant dream may give you an emotional pick up,

helping you to begin the day with confidence and power. This is all the more true of inspirational lucid dreams.

Possibly you still believe, “My dream life is intriguing enough as it is. Why should I make an effort to heighten my awareness of it?” Once you've had the experience of recognizing that you're dreaming and that your possibilities are far bigger than you had thought, you may imagine what a similar realization will be like in your waking life.

If you haven't yet had a lucid dream, you might find it hard to imagine what it's like.

While you have to go through it to truly know what it's like it's possible to get a thought of the experience by comparing lucid dreaming to a presumptively more familiar state of consciousness: the one you're in right now! The following exercise will guide you through a tour of your daily waking state of consciousness. Spend about a minute on each of the steps.

Get aware of what you see: notice the richly deviated and vivid impressions—shapes, colors, movement, dimensions, and the entire visible world.

Get aware of what you hear: register the assorted sounds taken in by your ears—a various range of intensities, pitches, and tonal qualities, maybe including the commonplace miracle of speech or the marvel of music.

Get aware of what you touch: texture, weight, joy, pain, heat and cold, and the rest. Likewise notice how your body feels right now and liken that to the many additional ways it feels at other times, tired or industrious, stiff or limber, painful or pleasant, etc..

Get aware of what it is like to taste: taste a number of assorted foods and substances, or recall and vividly imagine their tastes.

Get aware of what you smell: the aroma of warm bodies, earth, incense, smoke, fragrance, chocolate, onions, alcohol, and the sea. Remember and envisage as many of them as you are able to.

Tend to your breathing. A minute ago you likely weren't consciously aware of your breathing even though you've inhaled and exhaled 50 times while doing this exercise. Hold your breath for a couple of seconds. Let it out. Now take in a deep breath. Notice that being conscious of your breathing helps you to change it deliberately.

Get aware of your feelings. Remember the difference between wrath and joy, peace and excitement, and as many additional emotions as you care to feel.

Get aware of your thoughts. What have you been thinking while executing this exercise? What are you thinking right now? How real do thoughts appear?



Chapter 3:

The First Step-Recall

Synopsis

It has been stated that “everything is dependent on remembering,” and this is surely true of lucid dreaming. Learning to recall your dreams is essential if you wish to learn how to dream lucidly. Till you have excellent dream recall, you won’t bear much probability of bearing many lucid dreams.

There are 2 reasons for this. First, without recollection, even if you do have a lucid dream, you won’t recall it. Indeed, we all likely have lost numerous lucid dreams amidst the many 1000s of dreams we've forgotten in the normal course of our lives.

2nd, great dream recall is crucial as to become lucid you have to realize that your dream is a dream, while it's occurring. As they're your dreams that you're trying to recognize, you have to get familiar with what they're like.

Remembering

You understand what a dream is, in common terms. But dream stories are not constantly simple to distinguish from accounts of events that really happened. Dreams in general appear like life, with particular notable exceptions. These exceptions are violations of your anticipations about the behavior of the world.

So, you have to get to know what your dreams are like, and in particular, what is dreamlike about them. You may achieve this by collecting your dreams and analyzing them for dreamlike components.

Before it will be worth your time to work at lucid dream induction techniques, you ought to be able to remember at least one dream nightly. The following hints will help you attain this goal.

The opening move to good dream recollection is getting plenty of sleep. If you're rested, you'll find it simpler to center on your goal of recollecting dreams, and you won't mind taking the time during the night to record them.

A different reason to sleep longer is that dream periods become longer and closer together as the night carries on. The first dream of the night is the curtest, possibly only 10 minutes in length, while after 8 hours of sleep, dream periods may be 45 minutes to 60 minutes long.

You might have more than one dream during a REM (dream) period, carved up by short arousals that are most frequently forgotten. It's broadly accepted among sleep researchers that dreams are not remembered unless the sleeper wakes directly from the dream, instead of after going on to additional stages of sleep.

If you discover that you sleep too deeply to wake from your dreams, attempt setting an alarm clock to wake you at a time when you're likely to be dreaming.

Since REM periods happen at about ninety-minute intervals, good times will be multiples of 90 minutes from your bedtime. Aim for the later REM periods by adjusting the alarm to go off at four and a half, six, or seven and a half hours after you go to bed.

A different crucial prerequisite to remembering dreams is motivation. For many individuals it's adequate to intend to recall their dreams and remind themselves of this intention just before bed.

Additionally, it might help to tell yourself you'll have interesting, meaningful dreams. Keeping a dream journal by your bed and registering your dreams as soon as you wake will help beef up your resolve.

As you record more dreams, you'll remember more. Hold tight any clues of what you may have been experiencing, and attempt to rebuild

a story from them. When you remember a scene, ask yourself what occurred before that, and before that, reliving the dream in reverse. If you remember only a shard of a dream, record it, regardless how insignificant it may appear at the time.

Once you begin to amass some raw material in your dream journal, you may look back at your dreams and ask yourself questions about them.



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