Astral Society Academy
Course Title: Lucid Dreaming 101
Course Leader: Netwire
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# Lucid Dreaming 101

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## Introduction to Lucid Dreaming 101

Lucid dreaming is the ability to control ones actions, and the contents of a dream. This guide will teach you how to induce lucid dreaming, from start to lucidity. The first section of this guide is Dream Recall, which is the ability to remember ones dreams. Next you will learn about Cues, and how you can use them to realize that you are dreaming. The last, section of this guide talks about lucidity, and what you can do while in this state. It is suggested that you do not consume caffeine after 3 PM (if you go to bed at 9 PM) as caffeine has a half-life of 6 hours and can interfere with dreaming.

## Dream Recall

Dream recall is one of the most important steps in lucid dreaming, consider it the foundation. Dream recall is the process of remembering your dreams in detail, and should be used even after you have achieved repeatable lucidity.

The first step in dream recall is simple, obtain some paper (preferably a notebook or journal) and a writing utensil. For those of you that are tech-savvy you can use a tape recorder, but it's important to write out what you remember later on paper or on your computer. When you got to bed of the night ensure that the paper/recorder and writing utensil are next to your bed, or within reach – it may also be ideal to have a small light beside the bed incase it's still dark when you awake.

Before going to sleep tell yourself that you would like to remember everything you dream of, in crystal clarity once you awake. Go to sleep as you normally would, or meditate if you like (I find meditate leads to more vivid dreams). Once you wake in the morning or sometime during the night write down/record anything that you remember from your dreams. If you do not remember anything it's still important that you write/record "I did not recall anything from this session." Or something to that effect. Doing this, even when you do not recall anything will help you to get in the habit of logging your dreams.

Once you have become fluid in recalling your dreams clear, it's time to move onto creating Cues.

## Creating and using Cues

Dream cues are simply signs that you make to let yourself know that you're currently dreaming. To create a dream cue review your recorded dream data from your paper/journal. You may notice certain things which pop-up in your dream many times, these can be used as cues. If you do not notice anything which occurs often in your dreams then you may wish to use what's know as a "reality check", simply put it's the act of pinching ones self (while awake), in a habit-forming manner so that you repeat this in your dreams.

If you found a cue that's great! Now all you need to do is look for it during your dreams. The simple act of affirming (repeating to yourself with a firm belief) before going to sleep, what cues you would like to use – can be very helpful in becoming lucid. If you did not find any cues, and need to use a reality check then making it a habit while awake will help to introduce this action during sleep – when the same result is not achieved during dreams as while awake it cause a "flag" to occur, this is simply a sort of "panic" because something did not happen as your mind expected, this is enough to alert you that your dreaming.

**Becoming Lucid**

Lucidity is an awesome experience, simply put you have control of what happens in your dream, and you can use this as a way to induce etheric projection. To become lucid you most practice with dream cues / reality checks over a period of time until you start to say to yourself, during dreams "hey, I'm dreaming". The hardest part is taking control of what you experience, but with practice, and many times of saying "hey I'm dreaming" then you should become lucid with ease. One thing you may want to try is saying "Hey, I'm dreaming, and in control" before going to sleep – as this can help you to actually take control.