

# Lucid dreaming in 3 easy steps!

Get control of your dream world... now.



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## **What is lucid dreaming?**

Lucid dreaming is basically dreaming while being aware that you are dreaming.

You still going to sleep and dream but in a lucid dream you are controlling your dream.

Most of the people don't have control over their dreams and they lead by their unconscious mind to scary places sometimes.

If you are in a lucid dream, you will usually have some power over your dream.

You will be able to fly or change into an animal.

You will be able to make an object or room appear behind a door or inside a pocket.

You will be able to create a whole world if you want.

Having a lucid dream is like being the director of your own movie!

## **The benefits of lucid dreaming.**

The benefits of lucid dreaming are enormous.

The ability to have control over your dream gives you unlimited access to your unconscious mind and to your hidden abilities.

Being able to control your dream gives you a way to face your fears with stronger powers.

You can unleash your creativity, and experience things that you can't experience in real life.

The possibilities are endless!

Here are some examples:

Chat with Einstein, develop new ideas, come up with fresh inventions

Watch your fiction ideas play themselves out on a huge cinema screen

Discover inventions nobody else has even thought about

Develop new skills and talents, let Tiger Woods improve your handicap!

Enjoy Sexual Adventures!

Explore totally real, totally safe fantasies in glorious Technicolor!

Discover an amazing world of crazed passion and wild thoughts

Act out your secret inner desires and rid yourself of social constraints

### ***The first step - Improve your dream recall.***

It is very important to improve your dream recall.

It is possible to have a lucid dream without remember it but we don't want that, right?

The first thing that you need to do is to write down your dreams.

Write down your dream and your dreams only.

Write down whatever you remember, which means: sounds, words, colors, objects, events, people, animals etc.

Write down all that you remember, anytime.

It is best to have a small notebook and a pen near by your bed.

When you wake up, write down your dreams. Do it in bed before getting up.

Take the notebook with you. During the day you will remember more and than of course, that's right, you will write it down in your notebook.

In a few days you will see that there are some thing repeated in your dreams, this will help you realize you are in a dream.

### ***The second step – Reality checks.***

The second step, after improving your dream recall is to learn how to perform reality checks.

The first and most important technique is to perform a reality check.

Reality checks are a method of discerning between dreams and reality. It is extremely important to perform these. Here are some reality checks:

- Ø **Breathing** - Can you breathe through a tightly shut nose? If you're swimming, can you breathe underwater?
- Ø **Jumping** - When you jump, do you float back down?
- Ø **Reading** - Do sentences change when you read them? Read, turn away and repeat it to yourself, and then turn back and read it again.  
Do this twice.
- Ø **Vision** - Do you have perfect vision? This only works for people who have at least slightly blurry vision in the waking world.
- Ø **Hands** - Are your hands have a strange color, have too many fingers (sometimes they disappear and reappear when you try to count them!) or have other abnormalities? Can you push your finger through your other hand?
- Ø **Time** - Does your watch or clock tell a reasonable time? Are you even able to read the time off it? Sometimes clocks have the wrong number of hands or have strange symbols. Note: Digital clocks often work better for this reality check.
- Ø **Powers** - Are you able to fly (just visualize it), unlock doors, or use other magical powers? Try to change the shape of your body, or walk through a wall, window, or mirror.
- Ø **Light switches** - Does a light switch work?

- Ø **Mirrors** - Do you look normal in a mirror?
- Ø **Nose** - Can you see your nose with one eye closed?
- Ø **Memory** - Are you able to remember how you got here, why you are here and what happened an hour ago? This is not always a reliable reality check!

You should start perform a reality check in your daily life.

Make yourself a habit to perform a reality check every time something happen.

Which reality check is the best? There isn't such.

Every reality check works different to different people. You should give a try to all off them and pick the two that work best for you.

When you master two reality checks and perform them on regular basics you will start perform them in your dreams. When you start to do that you will start to know when you are sleeping, in other words - you will start to dream lucid.

### ***The third step – Control your dream.***

Once you are able to dream lucidly, you may find that it is difficult to stay in the dream. You may wake instantly or the dream may start “fading” which is characterized by loss or degradation of any of the senses, especially vision.

Ideally you should be able to use the techniques below to stabilize your dream before it starts to fade. As always, prevention is better than cure - and the more stable and vivid your dreams are, the more enjoyable they will be. However, if that doesn't work you may be able to use stabilization techniques to stop the fading.

### **Hand rubbing**

Rub your hands together and concentrate on the rubbing. You should feel the friction and the heat of your hands. If you can concentrate on the feelings that this action generates, your dream is likely to stabilize and become more vivid and detailed. You can also keep one hand on your arm while exploring the dream for a constant sense of stimulation. This technique is most effective when used in conjunction with the “Slowing it down” technique, by staring at your hands while rubbing them together.

### **Spinning**

You spin around in your dream much as you would if you suddenly want to feel dizzy in real life. The sensation of movement is the key here to stabilizing the dream.

## **Slowing it down**

Some people like to stabilize the dream by “stopping to smell the roses” and slowly staring at a dream object until it becomes clear. The dreamer would then look around elsewhere, noticing how detailed everything is, thereby stimulating the visual portion of the dream.

*Once you stabilized your dream you are there!*

*You have a lucid dream!*

*Now, you can start have fun, a lot of fun!*

## *Enjoy your own dream world.*

Great, I am having a lucid dream.

What can I do with it?

- Ø Fly - This really feels amazing!
- Ø Explore your dream world - Create your magic world!
- Ø Walk through a mirror or wall - Can you do it in real life?
- Ø Look at the sky - People often report amazing skies in lucid dreams.

You can also shout colors at it and paint some sunrises.

- Ø Create some dream characters - Possibly from a book or film.
- Ø Whatever you want.

*Where does your imagination take you?*



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Good luck.