

A very very short
Guide
to *Lucid Dreaming*

A very very short introduction

I will not pretend that this is in any way a comprehensive or complete introduction to lucid dreaming. Many books have been written about this subject, the best—in my opinion—being **Stephen LaBerge's** [*Exploring the World of Lucid Dreaming*](#).

I believe that to experience this quite extraordinary phenomenon there is no need for a lengthy treatise, or to know all the *why-what-when-where-and-how's*. Much like driving a car, only a bit of instruction and advice is needed to do it.

As a very *very* short guide, I am going to try to convey some fundamentals which you can work from. In a way, I think that the purpose of this 'e-booklet' is to raise some awareness of the power and possibilities inherent in each one of us, and to make you curious to seek out more information about lucid dreaming.

You can find a whole shed load of information about lucid dreaming on the internet these days: three of the most important—and free—ones are listed below.

Stephen LaBerge's [Lucid Dreaming FAQ](#)

[Lars' Dreaming FAQ](#) on Google's *alt.dreams* newsgroup and

[Lars' Lucid Dreaming FAQ](#) on Google's *alt.dreams.lucid* newsgroup.

An excellent movie about lucid dreaming would be [Waking Life](#) by Richard Linklater.

What is lucid dreaming?

In short, **lucid dreaming** means that you are conscious of the fact that you are dreaming while you are in a dream. This allows you to consciously interact and control the dream for recreational or exploratory purposes.

Being in a lucid dream is exactly like being awake—the state you are in right now!—except in reality you are asleep in your bed. While “normal” dreams feel like a cloudy recollection of a movie you’ve seen—dreams seem so real that you just “play along” without questioning the state you are really in—a lucid dream lets you control, influence and choose what you are going to do.

As do all dreams, lucid dreams let you transcend all physical limitations and you can do whatever you choose to do, while being consciously aware of it. Flying, walking through walls, telekinesis—anything you can imagine.

Lucid dreaming is a perfect tool to explore your own self and communicate with your subconscious. It may also get you into contact with your higher self, the collective unconscious, and spirit guides.

Lucid dreams will not interfere with your waking life—i.e. you get the same amount of rest and sleep, and it has no negative side effects. If anything, it can help you overcome fears and limitations, heal traumatic memories, and generally improve your daily life.

Since you can consciously choose what you experience, rather than the usual nightly jumble of fragmented thoughts and emotions being replayed and processed, you can direct and explore the dream environment.

We spend 8 hours asleep per night; why not wake up and use that time to at least do something fun?

HOW TO DO IT

1. Your personal Dream Log

The first step is to recall your dreams. Every human being has multiple dreams every night. Some we remember and some we don't. Somebody claiming that they do not dream just don't remember their dreams.

So the very first step is to start a *dream log*. Get yourself a notebook, pen and flashlight. Before you go to sleep each night, write down the date in your dream log. Then, record any dream—or dream fragment—in your log as soon as you wake up.

As soon as you wake up, at night or in the morning, ask yourself “*What was I just dreaming?*”. Then jot down any memories, sounds, pictures, or feelings you can remember from your nightly adventures. You can write a continuous narrative, or some keywords—that's up to you. Just write something.

In the first few weeks don't be discouraged if you don't remember everything, or if you don't remember anything at all. You are not aiming for 100% recall of every dream each night.

What you are doing by writing down your dreams—first of all—is showing your mind that dreams are important to you. This alone will increase your rate and quality of recall. As an analogy, a car enthusiast is much more likely to notice and remember any car he sees, and any information about cars—because he is *interested* in them.

Secondly, writing down your dreams and reviewing them each night before going to sleep will affirm to you that *yes, you can* remember your dreams. This too will enhance your recall.

The third reason will become apparent in the next step.

2. Dream Signs

What you are going to look for next after you've got some weeks' worth of notes are *dream signs*. Look for things which come up often during your dreams. Dream signs can be feelings, situations, people, etc.

Make a short list of anything that comes up often in your dreams. This is what you are going to look for in the third step.

3. Reality checks

The third step is to actively question yourself—regularly during the day—whether you are dreaming or not.

Do this as often as possible. Pause for a minute, look around you and think “*Am I dreaming right now?*”. Test for indications that you are indeed dreaming. Such indications are:

— In dreams, it is often not possible to change the light settings. In a dream, most light switches don’t work. If there is a lamp or some other source of light handy, try to turn on a lamp or light. If it’s not working—if you can’t turn a light on or off with its usually switch—you are most likely dreaming.

— If the situation permits, jump up and down a few times. If you start to levitate or fly, then chances are great that you are dreaming at that moment.

— Try to read something. In dreams, it is mostly impossible to read anything written. Letters will change around a lot in dreams, making it very hard—and most likely impossible—to read and understand what is written. Look around for some printed words—if you can’t read them or there are other letters when you look away and back again after a few moments, then you are most likely dreaming.

— Look for any discrepancies in your surroundings. If your car is red instead of its usual blue, or your bed is suddenly in the living room instead of your bedroom, then you can be pretty certain that you are in a dream right now.

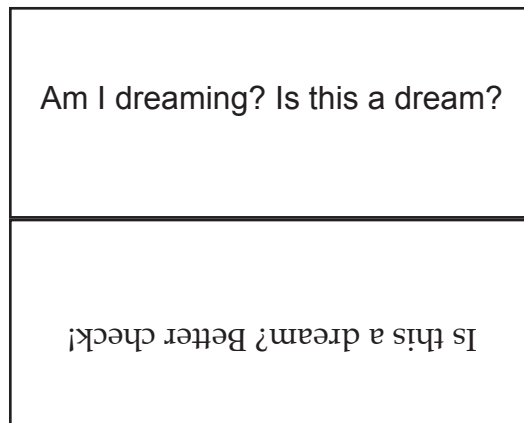
— Try to *will* something. In a dream you may be able to make the car driving in front of you fly. You may be able to move something without touching it. Try it.

As you can see, there are quite a few ways in which you can test that you are dreaming. The purpose of this exercise is to eventually ask these questions while you are dreaming. Asking “*Am I dreaming right now?*” during your waking hours will raise the chance of asking it during your dreams. If you make this a constant habit you *will* eventually find yourself quite conscious of dreaming while you are in a dream.

Set up a schedule of when you will ask that question. Examples may be:

- each time you open your car door.
- every time you brush your teeth.
- every time you open the fridge.
- each time you turn on a light.
- etc.

Find your own routine for this. Question your state of mind as often as possible. You could create a small card to carry in your wallet which you can check every so often, like this (see next page):



Check for the above mentioned indicators. Look at the writing, then look away and look again. If “Am I dreaming?” changes to “Green spinach filling?” or “Ж•ℓ?;iP℄” then you can be quite sure that you are indeed in a dream.

This is also where your *dream signs* come in. Do a reality check each time you see something or something happens that has to do with your dream signs. Since these things happen more frequently during your dreams, chances are much higher that you will actually ask yourself if you are dreaming and recognize that you are in a dream.

For example, trains come up a lot in my dreams, so each time I board a train or see one on TV, I do a quick reality check.

4. What now?

So you’ve just recognized that you are dreaming—what do you do now? The first thing is to keep calm. Becoming too excited or euphoric might wake you up, so try to keep calm. Look around you quickly and try to orient yourself.

Saying something like “*Raise lucidity by 1000%!*” will raise your level of lucidity. You will become even more aware of your surroundings.

So now do whatever you want to do! Go fly, try to modify the scenery, try to manifest something or someone. One of the nice “laws” of dreamstate manifestation is “*Ask and you shall receive.*” Just ask for something and it will happen sooner or later.

This is your world to explore. You will find something to do. I will give some suggestions in a later part of this guide.

5. Remember!

While you are lucid it would be a good idea to remind yourself to remember your lucid dream later. Even if you are fully conscious and you’re sure that you’ll never ever forget what you are experiencing, try to keep in mind (or say) that you *will remember this dream!*

Of course, write down your experiences in your dream log as soon as you wake up. Mark the entry with a special colour or some kind of reminder that this was a lucid dream. This will boost your confidence and enable you to become lucid even more often.

6. False Awakenings

What happens sometimes is that you wake up in the morning, go to the bathroom, start brushing your teeth and suddenly you wake up in your bed *again*. This is called a “false awakening.” You believe that you have woken up but you’re still in a dream.

A good practice to prevent multiple *false awakenings* would be to check if you’re still dreaming every time you wake up in the morning. This will eliminate rather tedious multiple false awakenings but it will also remind you *every morning* that you’re supposed to *reality check* every so often, making your lucid dreaming program more effective!

7. How to wake up

So how do you wake up from a lucid dream *if* you want to? There are a few good ways to wake yourself up.

- Command yourself to *WAKE UP!*
- Pinch yourself in the dream.
- One of the best ways is to just lie down in your lucid dream and decide to go to sleep again. I once spent some boring minutes (or hours?) in a lucid dream in the kitchen. When I had had enough of it, I simply lay down on the kitchen floor and decided to go to sleep again. I almost immediately woke up in my bed.

Don’t forget to check if you’re still dreaming once you wake up! Then immediately write down your dream in your *dream log*.

8. Some suggestions of what to do during lucid dreams

- Fly! Want to fly like a bird or superman? Then do it!
- Have great sex!
- Beat up an annoying co-worker!
- Meet your higher self; talk to a guide. See if he or she can give you good advice.
- Create a dream house/apartment/workshop. Make it your “headquarters.” You can do anything there—invent, experiment, etc.
- Pig out! Eat anything you want.
- Find out what *infinity* feels like!
- Find the meaning of life!

- Try something new!
- Cook!
- Rehearse something you have to do that you feel nervous about.
- Talk to the animals!
- Redecorate your house/apartment in your dream before doing it in the real world.
- Face your fears!
- *etc.*

These are just some suggestions. You are free to do anything you like. Lucid dreams are a great way to let off some steam, find new ideas and do crazy stuff without getting into trouble for it.

Before I end this very *very* short guide, I would like to reprint a short article I found on the internet concerning manifestation and lucid dreaming. This has me fascinated to this day, and I haven't been able to try it out yet. Maybe you can.

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I discovered a way to actually materialize a spirit from thin air. It's hard to believe, so let me explain the process before you doubt it.

During a dream, the person who is dreaming can become aware that she/he is in a dream. Once this has occurred, the person is now "Lucid Dreaming". The person is in a very powerful state of mind; one deeper than any meditation. However, few people realize this. You can easily leave your body via the dream-state and visit the astral realm. But if you want to feel what it's like to use your soul-power then follow these instructions:

- Once you realize you are dreaming, stay calm so you don't wake up.
- Now say "I ask my higher mind to manifest _____."
- As soon as you have said what you want manifested, you will feel a tremendous surge of energy rush through your body. This is because normally your brain operates at 7 watts but now it is using 21 watts to create a miracle.
- After the energy level increases the dream will fade to black.
- Don't let yourself wake up, just flow with the process. You have to let your mind manifest the object, do NOT force your mind.
- You will start to feel a cobweb sensation on your face; do NOT wipe it off. The cobweb you feel is actually etheric material compressing into strings of energy on your face.
- You will then start to feel a feverish condition, like your brain is on fire. This is do to the fact that 21 watts has been rushing through your brain for about 70 seconds, and your brain is use to 7 watts. Your brain is not being harmed by the electricity, but it is producing a lot of heat.
- Now the altitude of the room will change swiftly and quickly, which may result in a nose bleed if you are at sea level.
- The temperature will drop, and cloud of mist will form out of compressed etheric energy.
- The energy cloud will then begin to convert to matter, and this reaction will create balls of multicoloured light that spin in a circle.
- Finally your spirit will be made out of the energy vortex cloud, and you will have what you wished for!

This information is elite and profound in it's nature. I do not expect you to instantly believe it is true, but if you do not at least try the technique, then you are throwing away more riches than you can possibly comprehend. When you first start, try making something simple. The more complex the object, the harder it will be for you to manifest it because you do not truly believe it can be done, and that acts as a blocker.

I almost succeeded in manifesting a Spirit, but it was my first shot at it, and when I felt the cobwebs, I wiped them off because I assumed a spider had made a web on my face. When I wiped off the web, it ended the process. I had no knowledge at that time about manifestation. Then I did some research and

found out that the cobweb sensation is a tell-tale sign that the manifestation process is indeed working.

Nick D. C.

(If you would like to ask Nick a question about this, you can contact him at RosyCrossOrder@aol.com)

Conclusion

I had a lot of fun writing this and I sincerely hope that you will give lucid dreaming a try, even if it's just for being able to remember your dreams more clearly.

Lucid dreaming is a good therapeutic tool, and anybody can do it! Your mind and body are here to be explored, healed and improved. If the world is a school, then lucid dreaming is your playground and special tutoring combined. Use it in anyway you like—just use it!

I hope I have gotten you more curious about the subject matter, and I heartily suggest that you find some more information—see the links on the first page—or just use this very *very* short guide to help you become lucid in your dreams.

I appreciate any feedback, all contact info is on my website—Xehupatl.com

Stefan Kammerhofer