



# How To Lucid Dream

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## Reasons To Lucid Dream

Why do you want to lucid dream? There are lots of reasons to learn, practice & master the skill of lucid dreaming.

- Perhaps you want to do things that can happen only in dreams - flying, fantasy sex, magical settings.
- Perhaps you want to open your mind in an attempt to communicate with your subconscious or a higher power.
- Perhaps you want to problem-solve or get new inspiration.
- Perhaps you want to practice a skill you want to master.

Let's look at each of these in more detail.

## Lucid Dreaming and Fantasy Exploration

What can you do during a lucid dream? You can do anything in a lucid dream that you can do in a normal dream.

And if you are like most, there are many cool things you've done in your dreams that you can't do during your waking state. Flying, levitating, and defying the laws of gravity are all quite common.

Let's explore a range of possibilities that you can make happen when you lucid dream.

- Fly or levitate or "jump really high"
- Have amazing and unforgettable erotic encounters that can't happen in real life. Maybe you are looking to hook up with a celebrity. Maybe you are in a relationship and want to branch out. Maybe you want to chance upon an elf or a fairy.
- Visit JRR Tolkien's Middle Earth. (although that sure seems dangerous if you go strictly by the movies)
- Be a passenger on an intergalactic spaceship or space station in the world of Star Trek or Star Wars
- Soar around alien planets exploring the surface, and the unique flora and fauna
- Lead your army into battle against massive evil armies (or good if you want)
- Find & explore the hidden underground world of Planet Earth
- Make first contact with peaceful aliens
- Repel an aggressive alien invasion force

# Lucid Dream & Skill Development

You can also use lucid dreaming to practice any skill that you want to improve.

- Practice your favorite musical instrument. Whether guitar, piano, violin, drums, bass, or clarinet - rehearse to your heart's content!
- Practice a sport you want to excel in. It may be golf, tennis, swimming, basketball, or football - the list is as endless as your imagination!
- Practice an art you want to further develop. You can practice your sculpting, painting, pottery, acting, etc.
- What else could you practice in your lucid dreams?

## Problem-Solving In Lucid Dreams

There are plenty of problems that you can work on in your dreams. Many great minds from the past have relied on their dreams to help them solve various types of problems.

- You can be on a small spaceship going through a circuit board to detect a manufacturing problem
- You can figure out how to make a repair around your house
- You can come up with the perfect design for your current project

- You can get the inspiration for a writing task you have
- And there are endless other problems that you can explore through lucid dreaming

Working on any problem in a lucid dream can help lead you to a solution!

## **Lucid Dreams and Rehearsing**

Like sports or instruments, you can practice dialogue in your lucid dreams. This is not quite the same as rehearsing in the sense of a play, although it is very similar.

Let's say you have an interview coming up. Everyone knows it is important to practice beforehand. Why not take the time to do this rehearsal in your lucid dreams? And job interviews are only the tip of the iceberg when it comes to what you can rehearse.

- Rehearse the conversation between you and your boss as you ask for a raise
- Rehearse a conversation with your significant other about something that is bothering you. You can even test out various approaches in your dream
- Rehearse the presentation you have to give to your bosses or coworkers or clients
- Rehearse a conversation you want to have with your kids, about staying out late or doing chores
- Rehearse what you say to your in-laws when you see them at the next holiday or family

event

- Rehearse an upcoming date you have

What else could you rehearse? Anything you can imagine!

## **Lucid Dreaming and Contact with a Higher Power**

In some past cultures, dreaming was the way that the gods communicated with man. That belief is somewhat outdated now.

Some people today believe in guardian angels, spirit guides, or their own subconscious. Maybe you believe in one or more of these yourself. And if you do, you can communicate with them through your dreams, if you want.

I interpret and listen to my dreams as much as I can. At least I do when they make sense. And I believe that not every single dream I have is trying to teach me some profound life lesson.

I believe that some dreams are simply random images that show up while sleeping. At the same time, I can't deny that I've had dreams that have come true. Sometimes because I followed up on them. Sometimes because they happened on their own out of nowhere.

## **Reasons To Lucid Dream** **Wrap-Up**

I've listed out quite a few reasons for people to learn to lucid dream. Lucid dreaming, like any other skill, takes dedication and time to learn.

For some, it will come easy. For others, serious time and effort will have to be dedicated to make even small improvements.

With patience, practice, and determination, almost anyone can learn how to lucid dream.

Hopefully, something here has inspired you to incorporate lucid dreaming into your life.

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