

Keys to Lucid Dreaming and Getting Answers in Your Sleep

By Michael Alperstein

Your mission tonight (should you choose to accept it!):

HAVE A LUCID DREAM

A lucid dream is when you “come awake” during a dream and realize you’re dreaming. They are much like out-of-body experiences. In fact many say they ARE out-of-body experiences. I will leave that call up to you.

Whatever they are, have you ever had one? They’re really powerful. I have them once in a while. Not only are they fun (you can make things float, have super powers, teleport, or of course you can explore sexuality), but I find lucid dreams really helpful because they clear out worries and give you access to solutions to daily challenges.

Anyone can have one. It is not hard to have one, but it does take consistent practice and attention.



Here are some tips from the book *Lucid Dreaming*, by Stephen LaBerge.

The key idea is this: During the day begin to look at your life in NEW ways. Explore the dream-like quality of life. Life is quite surreal, when you let it be... Play with this idea and the feeling of the surreal...

Who are the people you see everyday? Are they mirages???. Teachers? Are the objects you see really solid???? Let your imagination step off of concrete reality for a bit... (You can come back later!)

The point is: Let the dream-like quality of life become habitual and this in turn will TRIGGER A LUCID DREAM during the night.

Here are some exercises to enhance the process. A few minutes a day of these can transform your dreaming and waking life:

~ Imagine you are in a dream during the day. Periodically ask yourself: “Am I dreaming?” This can trigger you to ask yourself this question during a nighttime dream, which can easily trigger lucidity in the dream state.

~ Choose a recent dream you had about someone and purposely create an imaginary dialogue with them. Visualize yourself speaking to this person, resolving a conflict, getting good information from them, or speaking your peace.



~ Set an intention before going to sleep. This is really important. Say to yourself: “I will come alert and awake in a dream. I will awaken with new knowledge to help me during the day. I will awaken with a clear solution to such and such problem.”

~ During the day, visualize yourself enjoying mystical actions. Try to make something float with your mind, imagine teleportation, see light everywhere, etc.. This will become habitual during the day and can lead to magical revelations during the night.

I saw Stephen LaBerge give a lecture once. He got everyone looking around the room as if we were all “characters in a dream.” He knows his stuff inside and out. You can explore his book here: <http://www.qicute.com/?f5z6>

If you want an audio to help increase your dream recall and trigger lucid dreams, I highly recommend the ones made by Effective Learning Systems: <http://www.qicute.com/?vidd>

What helps me is to keep a pen and paper by my bed. At one point I had a special pen with a light on it which was great (available at an office depot), but now I just keep my cell phone nearby.

Persistence pays off! Don't give up after a few nights. This is something to explore for at least three weeks. Ask your dreams for an answer. Intend to have the answer be clear and easy to understand.

Another thing to do is to look at your beliefs about dreams. What do you really believe about dreams? Feeling and knowing their helpfulness in your heart will open you up to their helpfulness.

Let me know how this mission goes! Have you ever had a change in life sparked by a dream? I would love to hear your experiences or tips you have to add. SpiritualityEbooks @ Gmail.com (without the spaces)

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