Welcome to your easy guide to lucid dreaming.

This short and to the point e-book will give you a simple and foolproof process for developing the skill of lucid dreaming. This PDF is also accompanied with a powerful guided meditation you can use to dramatically speed up the process!
What is Lucid Dreaming

Lucid Dreaming is the ability to become aware that you are dreaming. The next stage is the ability to hold that awareness and navigate the dream realm.

Why Do I Want to Learn How to Lucid Dream?

Our subconscious mind, higher self, and the universe all speak to us in our dreams. When we learn to navigate this alternative reality we increase the information we receive from our higher self and source. This leads to increased awareness, a higher level of intuition and ultimately inner knowing.
Step 1: Set Your Intention

Your subconscious mind responds to our repeated intention. Simply be setting a firm intention that you want to start remembering your dreams and becoming awake in the dream state is a necessary start.

You are giving your subconscious mind a direct command. Since, dreaming comes from the subconscious, this is an important first step. The more you affirm your intention with real willpower the quicker it will happen.

Step 2: Set Your Alarm

When you go to sleep set your alarm for 5:00 when DMT is more active in the brain. There is a high probably you will wake up in the middle of a dream and this will increase your chances of dream recall.

You can also set your alarm 15 minutes before you need to rise and snooze into dream recall. As soon as you wake up begin to write down or record a voice note on your phone everything you can remember for your dream journal.
Step 3: Reality Checks

Reality checks are confirming throughout the day that in fact, you are not dreaming. The more you do this the more likely you’ll catch yourself in a dream.

I suggest using multiple tactics as the dream state is tricky and can convince you you’re feeling a pinch when you’re not.

Below are the most effective ways to confirm you are in a waking state.

Try one of these...

1. Plug your nose and try and breathe in through your nose. Repeat to yourself, “If I’m breathing I’m dreaming.” Do this until you can’t breathe. This is hand’s down the best tactic.

2. Pinch yourself in multiple places and make sure you feel it.

3. Look very closely at a clock and numbers, look away and then back again. Make sure they are the same. Dream states make for funky numbers.

4. Turn the light switch off and on. If it doesn’t change, guess what? You’re in a dream!
Step 4: Meditation and Intention Before Sleep

All of us dream every night but only some remember. The best way to start remembering your dreams is to do a guided meditation before sleep (included) and to keep a dream journal.

Before you go to bed mentally repeat and affirm with intention and energy, “I will recall my dreams, I always remember my dreams, I realize when I am dreaming, I can navigate the dream realm.” Then listen to the guided meditation and fall asleep.

Step 5: Let Go

It is important to stay relaxed and not force it. If you put too much emphasis or stress on yourself to remember your dreams, it’s a sure way to keep them away. Simply go through the processes with non-attachment and soon enough you’ll be confidently navigating the dream world!
Summary

There are countless books that exist on how we can learn to lucid dream, however this guide is more than enough to help you develop the skill. With anything it takes some time and practice. The more you perform reality checks, meditate before sleep and make it your intention to lucid dream the quicker it will happen.

Don’t force it, just set the intention and let it go! Relaxation and non-attachment are two important elements to allowing the dream world to present itself. Be easy on yourself and sweet dreams!

Follow the Guided Meditation at mattbelair.com/guidedmeditation

©2017 Matt Belair