

Title:

Lucid Dreaming

Word Count:

389

Summary:

Lucid dreaming is simply being aware that you are dreaming while you are in a dream. Learning

Lucid dreaming is a challenging art to master, but there are steps that can be taken to help y

As you go to sleep, use the suggestion: ^As I am dreamin...

Keywords:

dreams, interpret, jung, symbol,

Article Body:

Lucid dreaming is simply being aware that you are dreaming while you are in a dream. Learning

Lucid dreaming is a challenging art to master, but there are steps that can be taken to help y

As you go to sleep, use the suggestion: ^As I am dreaming tonight, I will realize I am dreamin

It's important to do this as you are drifting off to sleep, but you can do it throughout the d

Next, work on remembering your dreams after you wake up. By getting the mind used to rememberi

The final step is to attempt to stay in the twilight sleep state for as long as possible upon

A common problem some people encounter with lucid dreaming is that they wake up as soon as the

This can be overcome with practice, but there is a technique that can help. Before you go to s

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