

Title:

Lucid Dreaming 101

Word Count:

403

Summary:

Learn to awaken in your dreams and take full control. Live out your fantasies, meet the rich &

Keywords:

lucid, dream, dreaming, personal growth, meditation, personal development, self improvement

Article Body:

The first step to using hypnosis in lucid dreaming or "dream control" begins with remembering

Before retiring at night take several deep breaths. Close your eyes and relax each muscle group

Now mentally tell yourself that when you awaken you will be fresh, rested, full of energy and

Have a pen and small book beside your bed and upon awakening immediately ask yourself, what did

After several days of this practise look over your written dream accounts and look for recurring

Now when retiring the next night go through your relaxation exercise and tell yourself that you

Do this for several nights and you will experience a lucid dream. Remember to record your dream

Don't be discouraged if you don't lucid dream at the start. This is a new skill that must be learned

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