



# Lucid Dreaming



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## **The Purpose Of Dreams (Article)**

Most of us have dreams at night. Dreaming is a natural and intrinsic part of human consciousness. Dreams are very important for most people.

### **Why Dream?**

Why is dreaming necessary for many of us? Dreaming allows us to act out socially unacceptable thoughts and desires and to sort through issues or to solve problems in our daily life. If we don't dream when we sleep, then we may become sick.

For example, we're angry at our college professor for giving us a lower grade than we've expected or we're upset at our husband or wife for whatever reason.

However, we dare not express our opinion to the professor and we don't want to disrupt the harmony in the family. Instead, we vent our anger in dreams.

Without the ability to release our anger and frustrations in dreams, we would continue to feel stressed out in the daytime, which would eventually cause us to become ill.

### **Satisfy Desires**

Sometimes our unsatisfied desires are realized in dreams. We can imagine and enjoy a little bit in dreams, so that our minds are somewhat comforted.

For example, you cannot be with someone you love for whatever reason. In dreams, you are married to or are in a relationship with the one you love. You won't be as agonized in real life because your desire has been fulfilled in dreams.



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If you struggle financially in life, then in dreams you see yourself as a wealthy person. You can relax and enjoy the pleasure of being rich for awhile.

### **Solve Problems**

Some dreams allow us to solve our problems or think through issues. For example, you have a problem that you want to solve in dreams. Before drifting off to sleep, you focus your attention on that specific problem or issue. You would repeat to yourself that you'll dream about that specific topic.

According to a study by Dr. Diedre Barrett at Harvard Medical School, two-thirds participants had dreams that addressed their chosen problem, while one-third actually came up with solutions in their dreams.

### **Gain Information**

Dreams are a safe and natural way to gain practical and relevant information. They are a very important mode of receiving messages from the higher worlds through our subconscious mind and from our Divine Self.

Some dreams allow us to reflect on our waking life. If you are not immediately able to determine a link between your dream and your waking life, see how the dream might be related to your future aspirations.

If your dream seemingly has no relevance to the past, present or future, keep the possible message conveyed by your dream in mind, and remain conscious or mindful of circumstances that might arise and be relevant to your dream.



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## **Prophetic Dreams**

Some dreams might be prophetic, which means they include a vision of a probable future. They can take many different forms including highly graphic dream symbolic imagery that might require interpretation.

Whatever the form of information received in dreams, it is a most valuable ability to be able to fully recall dreams in the morning. Maintaining a dream journal is a very convenient and effective way of achieving this.

## **Introduction To Lucid Dreaming**

There are many states of dream experience varying from no recollection whatsoever, to semi-lucidity, and to a state known as full lucidity or conscious dreaming.

In a lucid dream, everything experienced is extremely vivid and real. You realize you are dreaming and you are able to control what happens in your dream. In this state, you can create any scenario using the imagination and become fully involved with your scenario.

## **Create Any Scenarios**

You can communicate with your True Self for guidance on any aspects of your life, such as finding your life purpose.

You can travel back in time to ancient civilizations, such as Lemuria and Atlantis.

You can fly, teleport, visit other planets, galaxies and universes.



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You can fulfill your erotic desires and meet celebrities.

You can connect with your inner creative genius, where you can work on your artistic or professional pursuits. Whether you want to write books, paint, create music, write lyrics or solve business problems, you can do so with the assistance of your subconscious intelligence.

### **Applications Of Lucid Dreaming**

Lucid dreaming is an ability that can be learned, and is often used by people for recreation and living out their wildest fantasies.

Besides using lucid dreaming for entertainment, it can help in personal development, enhancing self-confidence, overcoming nightmares, improving physical and mental health and facilitating creative problem solving.

For example, a person who has a fear of snakes can create dreamscapes containing these creatures and face them within the dream.

### **The World Is A Dream**

When we are enlightened, we would realize that the world is a dream. We feel that we've awakened from the dream, while others are still sleeping.

The dreams we have nightly are small dreams while this world is a big dream, which is more difficult to wake up from. The sleepers don't want to be awakened, so we just leave them alone.

If they don't want to wake up, we cannot force them. Each individual will eventually wake up from the dream one day!



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## Understanding Sleep And Brain Waves

Sleep plays an important role in maintaining our health. Missing out on a good night's sleep can cause problems the next day.

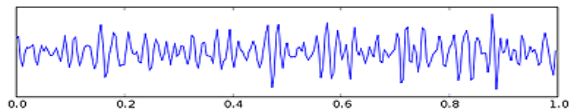
Sleep gives the body a chance to be recharged from the activities of the previous day and to replenish reserves of energy for the day ahead. This is one reason why we normally awaken in the morning feeling refreshed.

With a good night's rest, both the body and the brain are refreshed and ready for a new day.

### Five Brain Waves

An electroencephalograph (EEG) records a person's brain wave activity. Our brains cycle through five types of brain waves, referred to as gamma, alpha, beta, theta and delta. Each type of brain wave represents a different speed of oscillating electrical voltages in the brain.

### Gamma Waves



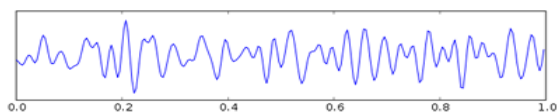
- Frequency range: 40 Hz to 100 Hz (Highest)
- Higher levels of mental activity, including perception, consciousness and problem solving activity.



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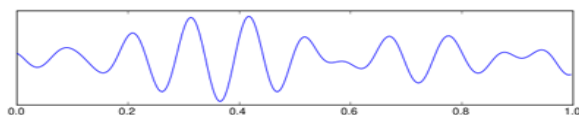
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## Beta Waves



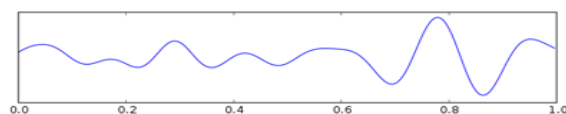
- Frequency range: 12 Hz to 40 Hz (High)
- Associated with normal active consciousness, such as focused thinking, alertness and concentration on a task.
- Towards the upper end of the Beta range can indicate stressed or anxious thoughts.

## Alpha Waves



- Frequency range: 8 Hz to 12 Hz (Moderate)
- Dominant during states of relaxation or light meditation, daydreaming and creative visualization.
- Associated with a sense of peace and calm.

## Theta Waves



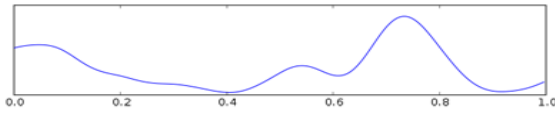
- Frequency range: 4 Hz to 8 Hz (Slow)
- Linked with dreams and deep meditative states, and are experienced at the boundary between sleep and waking.
- Altered states of consciousness and psychic phenomena, as well as enhanced intuition and insight.



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## Delta Waves



- Frequency range: 0 Hz to 4 Hz (Slowest)
- Normally experienced during deep (dreamless) sleep or deep meditation.
- Linked with the regeneration of the physical body, as well as with the unconscious mind.

## Five Stages Of Sleep

Sleep is divided into two distinct states known as non-rapid eye movement sleep (NREM) and **rapid eye movement sleep (REM)**. NREM sleep is also known as quiet sleep. REM Sleep is also known as active sleep.

For most people, these two states occur in a roughly 90 minute cycle which is repeated 3 to 5 times a night.

When we sleep, we go through five sleep stages:

**Stage one** is a very light sleep from which it is easy to wake up.

**Stage two** moves into a slightly deeper sleep.

Our **deepest sleep** occurs in **stages three and four**. Our brain activity throughout these stages is gradually slowing down so that by **deep sleep**, we experience nothing but **delta brain waves**—the slowest brain waves.

About 90 minutes after we go to sleep and after the fourth sleep stage, we begin **REM sleep**, which is the **fifth stage**.

**REM sleep** is primarily characterized by movements of the eyes, increased respiration rate and increased brain activity. Brainwaves during this period speed up to awake levels (**alpha or beta**). **Most dreaming occurs during REM sleep.**



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REM sleep is also referred to as **paradoxical sleep** because, while the brain and other body systems become more active, our muscles become more relaxed, or paralyzed. This **paralysis is a built-in protective measure** to make sure we don't act out our dreams.

Do you ever have nightmares or experience stressful situations that you want to escape from? When we are paralyzed, we can't leap out of bed and run into the wall in the middle of the night, thus harming ourselves.

The four stages outside of REM sleep are called **non-REM sleep (NREM)**. Although most dreams do take place during REM sleep, more recent research has shown that **dreams can occur during any of the sleep stages**. Most NREM dreams, however, don't have the intensity of REM dreams.

Contrary to popular belief, it is delta sleep that is the "deepest" stage of sleep (not REM) and the most restorative. It is delta sleep that a sleep deprived person's brain craves the first and foremost. In children, delta sleep can occupy up to 40% of all sleep time and this is what makes children unwakeable or "dead asleep" during most of the night.

### **Deep Sleep And Out Of Body Travels**

When our physical level of Consciousness is in a state of deep sleep (or delta sleep) and doesn't have any interference from the mind, we would travel and interact with the higher (or inner) worlds to receive valuable teachings and other information from our spiritual teachers and many inner Beings residing there.

Although such lessons and information are not usually remembered at a conscious waking level in the morning, they are nevertheless permanently stored within our subconscious mind, and in turn our inner bodies. We will gradually benefit from these experiences as we continue to grow spiritually.



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## Keeping A Dream Journal

A dream journal can provide a great source of insight into our inner world. Keeping a dream journal is very helpful in improving our dream recall for the purposes of reflection, analysis and creating your dream life. The following steps will help you to get started.

### 1. A Notebook Or Journal

Find a journal or notebook to record your dreams. Arrange the journal appropriately for recording.

You can use the **column method**: Draw a column down the middle of each journal page. Write your recollections with the label **Dream Recollections** on the left side of the page and the corresponding interpretations labelled **Dream Analysis** on the right side.

If you don't like the column method, then you can write down the dream first and follow up with the analysis underneath it.

### 2. Make The Intention To Remember

Dream recall begins before you go to sleep. It doesn't start when you wake up but before you go to bed. You need to prime your mind beforehand. Make the intention to remember your dreams upon awakening.

### 3. Place the Dream Journal Next to Your Bed

The best place for keeping your dream journal is next to your bed. Dreams fade quickly on awakening so you need to write them down as soon as you wake up. Don't forget to **place a pen or pencil right next to the journal**.



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Have a **desk lamp or reading light** by your bedside that is easy to turn on. You might wake up in the middle of the night with a dream that you feel compelled to write down. Having the light easily accessible will enable you to do this before forgetting the dream.

#### **4. Write Down Your Dreams**

As soon as you awaken in the morning, during the night, or after a nap, immediately write down everything you can possibly remember, not leaving out even the slightest detail.

It's important when journaling to **suspend all moral judgments** about what occurred in the dream. Most dreams are symbolic so don't take them too seriously! Date each dream entry. **Write everything in the present tense.** This helps with remembering dreams by putting you in the moment.

Writing down your dreams should become the first thing you do each morning as a daily habit. You will quickly find that recalling your dreams will become progressively easier and more automatic as time goes by.

As more time progresses, your dreams will become increasingly vivid. You might even start to enjoy lucid dreams, as a direct result of keeping your dream journal.

#### **5. Title Your Dreams**

Give each dream an appropriate title. Giving each dream a title forces you to sum up the dream into a main feeling or theme. It's an easy way for you to find the dream again for future reference, and it's also a good way of summarizing your general reaction to the dream.



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## 6. Interpret And Analyze Your Dreams

Set aside some time during the day to analyze your dreams of the previous night. It is best to do this while relaxing completely in a place where you will not be disturbed.

If possible, enter into meditative state to consider the meaning of dreams, especially when the dreams are symbolic and require deeper levels of interpretation.

Dream interpretation is a valuable practice that can have profound benefits in your life and spiritual growth. Maintaining a dream journal is an excellent way of facilitating this.

## Preparations For Lucid Dreaming

Many beginners, once they become lucid, have no idea what to do. Advanced preparation can keep you grounded and allow you to have a much better lucid dreaming experience.

In this lecture, I will discuss how to prepare for your lucid dreams so you can accomplish your dream goals.

### 1. Decide A Goal In Advance

To get the most out of your dreams decide in advance what you want to do in your dreams. Stick to one goal per night, per week or until you have accomplished it. This helps to keep your mind focused.



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Do you want to communicate with your Inner Self for guidance on finding your life purpose to create your extraordinary life?

Do you want creative ideas for your best-selling book, painting masterpiece, successful song lyric?

Do you want to travel the universe?

Before going to bed each night, write down your dream goal in your journal.

## **2. Plan Out Your Dream**

Plan your dream out from start to finish and rehearse in your mind how you want it to go. By planning your dreams in advance you will be less likely to forget what to do once you are lucid.

## **3. Imagine Achieving Your Dream Goal**

When you have leisure time, close your eyes and really imagine yourself doing your dream goal. Image what it's like to accomplish your goal; see yourself in the dream scene. Experience every sensation, such as visual, auditory, touch, taste, smell.

## **4. Post Your Dream Goal**

Once you have written down, plan out, and imagine achieving your dream goal, post it up in a place where you will regularly see for motivation.

## **5. Motivation**

Mastering lucid dreaming takes diligent effort and time. You need to develop the motivation to persevere when times get tough. Make the commitment to your spiritual growth and personal development by meditating and writing in your dream journal every day.



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## 6. Reward Yourself

Have fun, play and reward yourself periodically for any sign of progress in your meditation practice or lucid dreaming training, no matter how small. You can treat yourself to a luxurious bath, a delicious dinner or a new outfit, etc.

## Tips To Optimize Your Sleep

In the process of learning lucid dreaming, it is helpful to optimize your sleep to ensure mental clarity and energy. If you carry your worry and stress to sleep, then you will not have the awareness to realize when you are dreaming. Therefore, it is helpful to do certain tasks to relax your restless mind before going to bed.

Here are some tips to help calm you down before going to bed:

### 1. Meditate Before Going To Bed

Negative dreams or nightmares can affect us for an entire day or longer. Thus, it is very important to take only the most positive, peaceful and harmonious thoughts to sleep.

If we carry negative or chaotic states into our sleep state, these will be reflected and manifest in our dreams. The following morning, we would often wake up with negative feelings including fear, dread and apprehension.

Meditating before drifting off to sleep is very beneficial in producing peaceful and positive thoughts and minimizing the occurrence of negative dreams.



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## **2. Avoid Having Meals 2-3 Hours Before Bedtime**

Digestion requires a lot of energy from our body.

## **3. Avoid Screens (TV, Laptops, Cell Phones) 1-2 Hours Before Bed**

The blue light from these devices signals to your brain that it is still day time so your body produces less melatonin, a hormone that helps you fall asleep.

## **4. Avoid Alcohol Before Sleep**

Alcohol suppresses REM sleep and makes it harder to remember your dreams.

## **5. Have Your Last Coffee 8 Hours Before Bedtime**

Caffeine has a half-life of 5-8 hours.

## **6. Identify Activities That Keep You Up And Avoid Them**

These activities include staying on Facebook, reading emotionally charged tabloids and political blogs, watching the nightly news, your favorite TV series on Netflix etc.

## **7. Take A Warm Shower Or Bath 60-90 Minutes Before Bed**

When you come out of a warm shower into a cooler bedroom, your body temperature will drop. That drop in temperature signals your body that it's time to rest, slowing down essential metabolic functions including heart rate, breathing and digestion.



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## **8. Write Down Your Tasks For Tomorrow**

When you do this, they will no longer swarm around in your head, which can cause anxiety that you will forget to do them.

## **9. Sleep In A Dark Room**

Get thick curtains and block any electronic lights.

## **10. Best Posture To Sleep Is On Your Back Or Your Side**

Sleeping on your stomach puts pressure on your vital organs.

## **11. Get Enough Sleep**

Never sacrifice good sleep for lucid dreaming. Not only is this ineffective, but it will discourage you from continuing to master lucid dreaming.

## **Lucid Dreaming Techniques**

The three previous lectures of "Keeping A Dream Journal", "Preparations For Lucid Dreaming" and "Tips To Optimize Your Sleep" are the core foundational exercises of lucid dreaming.



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You should practice those exercises for at least a month to make them a habit of your daily bedtime routine. Do not attempt the following lucid dreaming techniques until you have been doing the foundational exercises for at least one month.

You can experience occasional lucid dreams just by doing those exercises. However, lucid dreaming techniques make it possible to have lucid dreams more regularly and on demand.

All the techniques that we'll discuss below require substantial mental preparation which can only be achieved through consistent dream journaling, dream goal setting and meditation.

### **Recommendations**

Many of these techniques require interruption from your sleep. Therefore, I would not recommend attempting these every day because excessive sleep interruption is not good for your health.

Keep it to once or twice a week, unless you are a student, on vacation or retired and can afford to sleep in. Then you can do it every day if you wish.

If you have work the next morning, then go to bed an hour earlier so you won't be tired the next day. If you are busy during the week, you can try these techniques on a weekend when you have more time.

Not all lucid dreaming techniques are suitable for everyone. Experiment to see what works for you. However, I would recommend that you focus on mastering one technique at a time.



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Do not jump from technique to technique. If after a few attempts the technique just doesn't seem to work for you, then you can try another one. Here are the techniques:

### **Techniques:**

- A.** Before going to sleep, tell yourself you will remember your dreams. Use an affirmation such as: "I always easily totally recall my dreams as soon as I awaken".
- B.** Set your alarm to go off every 90 minutes so you'll wake up around the times that you leave REM sleep – when you're most likely to remember your dreams.
- C.** Drink a lot of water before you go to bed to ensure you have to wake up at least once in the middle of the night.
- D.** Try to wake up slowly to remain within the "mood" of your last dream.
- E.** If you have trouble remembering dreams, you can use a lucid anchor. Just before you go to sleep, choose an object that you can see clearly from your bed, such as a picture or a clock on the wall. This is going to be your anchor. Look at the object when you go to sleep, wake up during the night, and first thing in the morning. When you look at it you think "I will remember my dreams". Look at that object several times each night.
- F.** Try the reflection technique devised by Paul Tholey.

Ask yourself several times throughout the day: "Am I awake or am I dreaming?" The purpose is to achieve a critical attitude towards your state of consciousness.



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In the dream world, it is possible for events to transpire which are not possible with normal perception in a waking state. Such unusual events (or **dream signs**) made it possible for us to recognize that we're in the dream world and not in 3D waking reality.

For example, you saw yourself flying a starship; you interacted with your grandmother who has been dead for many years; you lived in an underground cave. Practice recognizing these odd occurrences so that when you see them in your dream, you would wake up and become lucid. These unusual dream signs indicate that "this is a dream" rather than reality.

- G.** Try the MILD (Mnemonic Induction of Lucid Dreams) technique devised by Stephen LaBerge.

The MILD technique involves similar reminders to the reflection method but focuses those reminders at night rather than throughout the day.

### **Step 1**

Before drifting off to sleep, make the intention to notice each brief, natural awakening from sleep you experience during the night. Many of us experience several mini-awakenings throughout the night, but we rarely notice them.

### **Step 2**

When you awaken from sleep, write down your most recent dream in as vivid detail as you can remember.



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### Step 3

As you return to sleep, focus on your intention to remember to recognize when you're dreaming. Try an affirmation such as "The next scene will be a dream" or "I will know when I am dreaming".

### Step 4

At the same time as you are focusing your intention in Step 3, imagine you are back in a recent dream, but this time you will recognize that it is a dream.

Visualize the dream in as much clarity as possible and then look for a **dream sign** or odd occurrences. Once you spot that dream sign tell yourself: "I am dreaming" and perform your dream goal.

This could be to communicate with your Divine Self for guidance on how to create more money and abundance in your life, to solve a problem or a mystery that has been eluding you, to time travel to the future of Earth in 3000 AD, to fly across the sky, to teleport to another planet, etc.

Do whatever you would do if this was a real lucid dream.

Keep in mind this is just a conscious day dream at this point. However, by visualizing yourself successfully having a lucid dream you will increase your chances of having a lucid dream.

### Step 5

Repeat steps 3 and 4 until you fall asleep. The purpose of MILD is to have the last thought in your mind be about lucid dreaming before you fall asleep. Later on you will have a much higher chance of becoming lucid in one of your dreams.



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## **Dream Control**

Once you have a firm grasp on the core foundational exercises and have successfully initiated several lucid dreams through one of the various lucid dreaming techniques, then it's time to learn how to control your dreams.

### **Beliefs And Expectations**

The key to all dream control is beliefs and expectations. The only thing limiting you from doing amazing things in your dreams are your own self-limiting beliefs.

Your level of conscious awareness and expectation will determine the level of dream control you can achieve.

Basically, our dreams are created from our lifetime of knowledge, experience and expectations. We have been taught, programmed and perceived how the 3 dimensional world operates, such as societal rules, gravity and other laws of physics.

However, the rules of gravity and societal rules no longer apply in the dream world. We are free to do things that are impossible in our waking lives.

Therefore, if you believe you can travel to another universe in a dream, you can!

Your dream world is your playground; you get to set the rules. You are the creator of your dream reality. Any limitations you have exist only in your mind.

Other deep-rooted expectations are not as obvious. For example, in a dream there are no indoors or outdoors. They are simply a mental construct.



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You don't have to have to fly to Honolulu, you can teleport if you wish. In a dream, you won't get burned by living in the sun, you won't get cold in the Arctic, you can breathe underwater, etc. We carry so many beliefs about the world without even realizing it.

### **Dream Stabilization Techniques**

Once lucid, many beginners get so excited that they wake up. Or they become lucid for a little bit and then quickly become absorbed in the dream again, missing the opportunity to implement their dream goal. That is why you must learn how to stabilize yourself once you realize you are lucid.

Next time you become lucid, immediately perform one of the simple dream stabilizing techniques to ground yourself and increase your awareness:

- **Pay attention to your breathing**

During a dream you have control over your breathing so breathe deeply to help maintain conscious awareness.

- **Use inner speech**

Remind yourself that you are dreaming by repeating phrases like "I'm dreaming".

- **Try doing some math**

Basic math like adding 1+1 can engage the logical part of your brain.

### **Dream Manipulation Techniques**

Once you have learned how to stabilize yourself in a dream, you can use the following techniques to shape your dreams according to your will:



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## 1. Wishing

Simply wish to transform the dream to your will.

Even though this technique is the simplest it is difficult for beginners, because they still have strong ingrained beliefs about what is possible.

## 2. Create a different dream scene

If you become lucid, but are not in the location you want to be there are two powerful techniques you can use to change your dream scene. One is to use the "Dream Spinning" approach and the other is "Behind Closed Doors".

### A. Dream Spinning

Dr. LaBerge created this popular technique.

Decide on the place you want to go to.

Spin around like a ballerina until the new dream scene has formed.

**Note:** Sometimes dream spinning will cause the dream to go black. Don't worry; use it as an opportunity to imagine the next dream scene. In a few moments a new dream scene will emerge.

### B. Behind Closed Doors

What lies behind closed doors is not predetermined like they are in the waking world. You can determine whatever is behind closed doors based on your expectations.

**Example:** If you want to travel to the beach, imagine there is a beach behind that closed door before walking through it.



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As much fun as dream control can be, I usually just let dreams run their course. Rather than actively trying to shape my dreams, I play the role of passive observer. It can be very interesting and astounding to see what your subconscious mind comes up with.

## **Closing Thoughts**

From my personal experience as a conscious dreamer, I want to give you this advice: Do not feel guilty if you give in to your fantasies and erotic desires. It's okay; enjoy them!

Once you have satisfied those desires, then it's much easier for you to pursue high minded goals like self-realization and enlightenment. Remember the saying: What you resist persist.

Additionally, the more we enjoy our lucid dreams, the more likely we are to put the time and effort into developing our lucid dreaming skills.

## **Meditation And Lucid Dreaming**

Studies have shown a direct link between meditation and lucid dreaming. Both help you become more self-aware and reflective. This improves your dream recall, visualization skills and your ability to become lucid. It also leads to a sense of timelessness and being at one with everything.



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## **Life On The 4<sup>th</sup> And 5<sup>th</sup> Dimensions**

The inner world of dreams that we experience during our nightly sleep is a glimpse of what life on a fourth dimensional and fifth dimensional planet would be like. Dreams and desires manifest instantly in the higher dimensions.

As a lucid dreamer, you get to experience what it's like to be a creator of your reality. You can use the skill gained from lucid dreaming to create your dream life while living on Earth!

## **Brainwave Entrainment**

In the next section, I will cover many applications of using brainwave entrainment for spiritual growth and personal development. I will share how you can use this technology to help get you into the right mental state to increase your chances of having a lucid dream.



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