
Spiritual Magic: Lucid Dreaming

A Seven-Step Guide To Having Lucid Dreams

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It's a free guide, don't ruin it for everyone!

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Welcome To Your Lucid Dreaming Journey!

Before we get into the fun stuff, let's set some intentions.

It is my intention that this guide will both teach you how to have lucid dreams, and inspire you to pursue deeply meaningful or magical moments in your dreams.

Whether you are hoping to have your very first lucid dream, or if you are looking to make lucid dreaming a more common occurrence, or perhaps you are just curious about this whole lucid dreaming thing, this guide is for you!

This guide is split into a seven step journey, as learning to have lucid dreams often takes many days, if not weeks or months, of dedication. However, this guide is short and easily read in one sitting. I suggest reading it through once, and coming back as necessary when you feel stuck or are needing to freshen up on your dream knowledge.

I cannot promise that you will have a lucid dream within one week. Some of you may have one tonight (yeay!) Whereas others will require weeks of dedication to have their first fleeting dream.

You *can* have lucid dreams, and these dreams can be life-changing.

I'm only here to teach you how to have lucid dreams. How you use this beautiful gift, or how these powerful dreams affects you, is on you. If you have any questions or concerns, or just want to share your dreams with someone who will appreciate them, you can send me a message across any of my social media platforms, or simply email me at diane@dianetwineheart.com

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Let's get right into it!

Step One: Understanding Lucid Dreaming

Before we get into how we can have lucid dreams, let's first take a moment to make sure we understand what lucid dreaming is, and why it can be such a powerful and spiritual experience.

What Is Lucid Dreaming?

Lucid dreaming is when we become aware that we are dreaming and are able to bring our consciousness into our dreams to affect them.

Instead of being passive bystanders getting swept up in our dreams, we can use our dreams to pierce the veil and have profound spiritual experiences. You can use lucid dreaming to face your fears, meet your spirit guide, explore your interests, use magic, have romantic encounters, go on adventures, build up your confidence, and so much more. The only real limit to your dreams is your own imagination!

Benefits To Lucid Dreaming

Lucid dreaming is an incredible experience that has the power to change your life. You can create amazing adventures for yourself, like travelling somewhere magical or eating something delicious. Some people use lucid

dreams as a safe way to explore or prepare for things in their waking life, such as practicing performing a speech, or exploring their own sexuality.

Another way lucid dreaming can impact your life is by helping you overcoming nightmares. Through lucid dreaming you can literally face your fears. As of writing this, I've been slowly introducing lucid dreaming to my preschooler to help them overcome nightmares through using dream magic or summoning a superhero. If you are someone who has struggled with recurring nightmares, lucid dreaming could be the answer.

Lucid dreaming has played an important role in my spirituality. I've had profound spiritual experiences such as asking my spirit guide for advice or meeting my unborn children (you can read my accounts of some of these dreams on my blog, under the lucid dreaming tag).

Lucid dreaming has helped me see beyond the physical, and understand that I am so much more than this body.

No matter what you decide to do with your lucid dreams, be it eating fancy cakes, making love to someone gorgeous, building your confidence through learning to fly, asking your spirit guide for advice, or anything else, it's all magical and potentially life changing!

All you need do is wake up to your potential.

Are You Dreaming?

Are you dreaming right now? Before you answer, ask yourself how you know. Are you certain this moment isn't just a very convincing dream? How can you be sure?

In order to have lucid dreams you must first train yourself to question your reality. Even the most absurd dreams feel real when we are in them,

which is why you need to get in the habit of asking yourself “am I dreaming?”

Make questioning your reality a regular part of your waking day and eventually those thoughts and behaviours will cross over into a dream. One day you will ask yourself if you are dreaming, and the answer will be yes!

Start A Dream Journal

Everyone dreams, but many of us forget them before we’ve woken up. You need to help yourself remember your dreams, otherwise all your lucid experiences will be forgotten!

Having a dream journal is very helpful. Every morning make it a habit to write down your dreams, even if you only remember a small impression. It doesn’t have to be a long detailed journal entry, it can be a quick few words, like “Zombie Grandma” or “teeth fell out at school.”

Have a place, like a nice notebook or perhaps a note on your phone, where you can quickly write down your dreams at the beginning of the day. If you remember something else later, add it in!

Share your dreams with loved ones, if you’re comfortable, to help yourself remember. (In my experience, sharing our dreams at breakfast is a wonderful way to start the day!)

Feel free to use me as your temporary dream journal while you work through this seven-day guide. Send me a message and tell me what you remember about your dreams. I promise your dreams are safe with me!

Step Two: How To Do Reality Checks

You are hopefully feeling excited to start having lucid dreams, but might be wondering how to check your reality. Simply asking yourself if you are dreaming is often not the most effective way to discover that you are dreaming.

In this step we are going to look at specific reliable techniques to test your reality. If you make reality checks a regular, automatic part of your waking life, you will eventually carry that habit into your dreams and become lucid!

The following are three simple reality checks:

The Nose Pinch

Pinch your nose closed with your fingers as if you were going under water. Now try to breathe in through your nose. If your nose is pinched you won't be able to breathe, but in a dream you will still be able to breathe through your nose, guaranteed.

This test is simple, quick, and very reliable!

Plugging your nose is really simple to do, and logically if your nose is pinched closed you know you shouldn't be able to breathe. Often when I do this test in a dream, I quickly perform it again to double check, because discovering I'm actually dreaming can be quite a surprise!

Counting Fingers

Another simple reality check is to count your fingers. In dreams counting our fingers can be very difficult and will result in confusion, too many, or too few fingers.

Do this check now. Stop and look at the back of your hand. Touch or wiggle each finger and count out loud to yourself. How many fingers do you have? Are you dreaming? Count the other hand to be sure!

Make sure you actually look at your hand while counting. Once, while in a dream I performed this test by tapping my fingers against my leg without looking at them. Naturally I counted to five and stopped, because five is the correct answer. I didn't realize I was dreaming because my mind used logic to trick itself!

Look at your fingers and count them, and someday you might be surprised to realize you have an extra finger, and are actually in a dream!

Reading Or Writing

In dreams, words and numbers are difficult to read, nonsensical, and often changing. To do this reality check, simply look at some words/numbers and try to read them. Then look away and look back again. In dreams the numbers or letters will change and or simply won't make sense.

A digital clock makes a perfect reality check. Look at the clock on the device you are reading this on and read the time out loud to yourself. Does the clock say a real time? Does the time on the clock make sense with your reality or what you have been doing?

Now look away for a quick moment, and then do the test again. What does the clock say now? If you find that it's dramatically different then this means you are dreaming! This same test can be done with any written words, assuming it's in a language you are familiar with.

Writing is another simple test. Have you ever been in a dream where you were required to write something but struggled to do so? If you suspect you may be dreaming, try writing something and see what happens. Can you write your name? Now what happens when you try to read what you wrote? Maybe you're dreaming!

Regularly Checking Reality

Whenever you suspect you may be dreaming, or even if you are simply being reminded of your desire to have a lucid dream, perform one of these tests!

Going forward, work reality checks into your daily life. Make them habits by connecting them with things you do often, like rechecking the time on your phone or counting your fingers while you sit on the toilet. Feel free to come up with your own creative ways to prompt yourself to question your reality and make it a habit!

Regular reality checks are the simplest ways to have lucid dreams. Practice doing these a few times daily and eventually you will do one in a dream and become lucid!

Important Reminder:

When you check your reality during the day, you must believe, or at least pretend to believe, you really could be dreaming. If you always assume you're not dreaming, you will carry this attitude into your dream and overlook opportunities to become lucid.

Reality checks are about learning to question your reality. It's not enough to simply do the actions, you need to really ask yourself if you are dreaming, and hope to discover yourself in a dream.

Are you dreaming right now? How can you know for sure? Stop and check!

Step Three: Get A Good Sleep

It's important to have a good night's sleep if you want to have lucid dreams. If your natural sleep cycle is being disrupted in some way, this will make it even harder to have deep and vivid dreams.

There are many different things that can affect our quality of sleep, or our ability to dream. Alcohol, drugs, caffeine, sugar, children, a heavy workload, overstimulation before bedtime etc, all have the potential to affect your sleep.

Of course, I don't expect you to live a pure life with endless perfect nights of sleep. However, take a moment and consider your sleep patterns and how your lifestyle may be affecting things.

Start paying close attention to how much sleep you're getting, and what the quality of sleep is. Ideally, you should be having a few good dreams a night. If you are struggling to have regular dreams most nights, having lucid dreams will be very difficult.

You can't have lucid dreams if you aren't sleeping!

Being woken up suddenly, such as by a blaring alarm or crying child, often shocks us out of our dreams and can make even the most vivid dream quickly slip away. If this is a recurring problem, you may want to fix it, or wait until circumstances change, before committing yourself to lucid dreaming. Keep writing in your dream journal, but lay off the pressure until you can get the sleep you need.

You know your body best, so pay attention to how your lifestyle may be affecting your ability to dream. I'm going to take a closer look at two situations that can affect our ability to dream, but this is by no means an exhaustive list!

Cannabis and Dreaming

Sorry Stoners, but as you may already know, smoking (eating, vaping, etc) marijuana often makes it harder to remember dreams. Cannabis affects our dream cycle, and many cannabis users express difficulty remembering their dreams after using.

I've always been a vivid dreamer, and I've thoroughly enjoyed cannabis throughout my adult life. However, when I've smoked close to bed, or even just more than once in one day, I rarely remember my dreams. They aren't vivid or stable, and it's near impossible for me to have lucid dreams when I've been smoking marijuana.

If you are serious about having lucid dreams, you should consider stopping using cannabis, especially late in the day.

Now I should warn you, if you are a regular user who stops getting high, your dreams might become very intense and vivid for a few nights. This is common for regular cannabis users who take a tolerance break, so don't worry, they will mellow out in a few nights.

Sorry to say, it's very hard to be a regular stoner and a regular lucid dreamer. If you can't or don't want to stop getting high right now, then perhaps archive this guide and return to lucid dreaming when you can have a sober mind.

Some extra motivation: I've heard some wild stories of people smoking weed or doing other drugs in their lucid dreams and having incredible

experiences. Perhaps the idea of smoking a bowl in your dream can motivate you to take a break from smoking in your waking life!

Whatever the lucid dreaming goal, a sober sleeping mind is best!

Pregnancy and Dreaming

Many pregnant people report having intense and vivid dreams, which can make lucid dreaming easier.

Personally, I had some of my most profound lucid dreams without any effort while pregnant. I suspect this has something to do with pregnant people being gateways to the other side as they create the body for a soul to enter.

Whatever the reason, I do want to cautiously encourage you to try lucid dreaming if you are pregnant. You might find it very easy, or you may be able to better change and direct any disturbing dreams that are a common part of pregnancy.

If you know someone who is pregnant who may be interested in lucid dreaming, please [send them a link](#) to this guide. Pregnancy dreams can be terribly intense and mystical on their own. With a little guidance, a pregnant person could harness their dream magic with enlightening results!

Taking Care Of Yourself

Put simply, you know your body best, so if you are committed to having lucid dreams, make sure you aren't doing things in your waking life that affects your ability to dream.

Take some time today to take stock of what your routine is for sleep, and see if there are any ways you can improve on the amount or quality of sleep. Pay attention to things like caffeine, sugar or other drugs, evening screen time, how you wind down before bed, how you typically wake up, and how much time you dedicate to sleeping.

Remember, having lucid dreams first starts with having regular dreams.

A good night's sleep is so important for so much more than just lucid dreaming, it's the foundation of your day. Tonight, make sure you go to bed on time after properly winding down, and prepare to have your first lucid dream!

Step Four: Using Dream Cues

Stop and do a reality check! Ask yourself “Am I dreaming?”

Remember, the important part of performing reality checks is to teach yourself to question your reality. While reality checks work to alert you to what's going on, there are other ways to discover you are in a dream, if only you learn to look for the cues.

Dream Cues

Dream Cues are recurring things that happen in your dreams that can alert you to the fact that you're dreaming.

Dreams are made to feel real and convincing, which is why we often overlook glaringly obvious inconsistencies in our dream reality. Learning to question your reality will help you become aware of these inconsistencies.

Some dream cues are universal, while others will be unique to you. Your dream journal will become an excellent guide for discovering your own personal dream cues, as you will start to see common themes in your dreams that you can learn to recognize as a cue to do a reality check.

Here are some universal dream cues to look out for:

Difficulty Reading and Writing

As we discussed in Step Two, reading letters or numbers can be difficult and inconsistent in dreams, prompting us to realize we are asleep.

Sometimes our dreams will give us things to read, such as a menu, and often we struggle to make sense of what we are seeing. The words will shift and change, not necessarily right before our eyes, but written information may be difficult to understand or look back and reference.

Writing is also very difficult in a dream. If you find yourself struggling to write your name, tell the time, read a map, do homework, or otherwise use numbers and letters, you need to stop and do a reality check.

Mirrors

Our dream reflections are often a reflection of our own inner feelings about ourselves, which can clue us in on the fact that we are dreaming.

In a dream, you might find your body or face look different, perhaps even startling. You can also look for clues in what you are wearing, how your hair is styled, or how your eyes look.

In one early lucid dream, I looked in the mirror and saw that my eyes were covered by a sleep mask that apparently didn't affect my ability to

see. Seeing my reflection wearing a mask, symbolizing that I was asleep and in a dream, further confirmed my reality and helped me stay lucid.

I must caution you though, if you are struggling with low self-esteem or self-judgment, looking in a mirror can be downright scary! Your dream reflection is a reflection of how you feel about yourself, so be careful because you may not like the image your subconscious created!

Those Old Familiar Things

Another common dream cue is seeing old friends who haven't aged a day, or being somewhere you haven't been in years.

If you find yourself talking to a childhood friend or someone you haven't seen in a while, stop and ask yourself if they look as they should. Does your friend look like how you remember them? Are they the right age, or does it seem they haven't aged a day even though it's been many years? Are they behaving the way they usually do, or does something feel off about them?

For those who have children, seeing them can be another dream cue. Ask yourself if your children are the age they are supposed to be. Do they look like how you remember them? Do you recognize their clothes, hairstyle, way of speaking? How many children do you have, and are they all accounted for?

The same can be said about finding yourself in places from your childhood or places that no longer exist.

For example, if you find yourself in your childhood bedroom, ask yourself if things are as they should be. When was the last time you were here, and have things changed?

Dreams are created by our own minds, which use a combination of things from our memories, our subconscious, and things that we believe about the world. If you discover yourself sitting in your parents backyard having tea with your neighbour, stop and ask yourself if you are dreaming.

Side Note:

Be careful asking people in your dreams if you are dreaming. Dream people can be very unreliable, and may actively work against your desire to become lucid. They might try to convince you that you are not dreaming, or tell you that you're wrong when you tell them you're lucid. You need to figure it out for yourself, and learn to trust your own wisdom.

When in doubt, do a reality check!

Time inconsistencies

“How did I get here?”

Dreams tend to start right in the middle of a story, and we quickly become swept up in the adventure without ever pausing to wonder how we got there.

Try asking yourself: “how did I get here?” Think back and retrace your steps. Can you remember what you did an hour ago? What did you last eat and at what time of day was it? Do you remember waking up and starting your regular day? Try and think of what day of the week it is, what month and year, and see if it matches your reality.

Your Unique Cues

If you are consistently writing down or sharing your dreams, you will eventually start to notice patterns or recurring themes. These patterns

can become your own dream cues, altering you to the fact that you are in another one of your dreams.

Pay attention to common themes, such as repeatedly dreaming about being in place you don't go often in your waking life. These patterns will be unique to you, so it's up to you to discover what they are.

One of my personal recurring dream cues is being in school and not knowing my class schedule. The school itself is an excellent clue that I'm dreaming, as I haven't been a student in many years! The struggle to find my classes is another big clue because it often involves difficulty reading a schedule, reading numbers on doors, and trying to navigate a bizarre building layout.

Having an awareness of some common themes in your dreams can help you recognize those moments in dreams.

Practice looking for dream cues in your waking life. Double check what clocks say, ask yourself if your spouse looks the right age, question how you got somewhere.

Remember, dreams always feel real when they are in them, so never assume you are awake, and instead hope to discover that you are actually dreaming. Eventually questioning your reality will lead you to become lucid in a dream!

Step Five: Your First Lucid Dream

Have you had a lucid dream before? Some people have a natural ability to lucid dream without much effort, while many of us need to work at it a bit harder.

So far you have learned to make reality checks a regular part of your day, and understand the value of a good night's sleep and consistently writing in a dream journal.

Now we are going to focus on what to do once you are lucid.

Your First Lucid Dream

Congratulations, you're lucid! Now calm down before you wake yourself up!

A common problem in lucid dreaming is becoming too excited once we realize we are in a dream, which causes us to wake up. Practice slowing your breathing by taking three deep breaths to slow yourself down. If you feel yourself getting too excited you run the risk of waking your body up before you've even had a chance to do anything!

During your waking hours practice taking deep breaths to calm yourself when you are worked up to help you quickly remember this technique in a lucid dream. (This is a great practice, whether you desire lucid dreams or not.)

Sometimes your dreams might fall apart when you become lucid, while at others you may find the dream becomes more interesting and enticing.

Just because you've become lucid doesn't mean you are going to stay lucid.

Don't underestimate how easy it is to forget that you're dreaming and lose your awareness.

Once you become lucid, ground yourself in your dream. Do multiple reality checks to reinforce that you are truly dreaming. Take some deep

breaths to calm yourself, and consider walking away from whatever action is going on around you.

If you're not mindful you may lose your lucidity.

Don't Get Discouraged

You may find that after many weeks of doing reality checks, you finally have a lucid dream, only to quickly have the dream fall apart! Don't get discouraged! Celebrate that you became lucid, even if it was only for a quick moment.

The more moments of lucidity you have, the easier it will become to recognize when you're dreaming.

While some people have the ability to easily have lucid dreams in which they are in full control, for many of us, things are a bit harder than that.

Remember, your dreams are created in part by your subconscious, so if you start to harbour negative feelings about your ability to have lucid dreams, this might make it even more difficult for you.

Relax, and let it go. You will have another opportunity to become lucid, and it might happen even sooner than you think!

Have A Plan

A good way to help yourself control your dreams is to have a plan for what you want to do once you become lucid.

As you fall asleep at night imagine yourself waking up in a dream, lucid and aware. Picture yourself taking deep breaths to calm down, and perhaps walking away from what's going on around you.

Now you've achieved lucidity, what you do next is up to your imagination!

Step Six: Using Dream Magic

This step is all about dream magic and how to manifest incredible dream experiences for yourself!

Now before we get into the magic, I should warn you that these techniques often take a bit of practice. Our dreams are limited only by our imaginations, but for many of us we carry self-doubt from our waking lives into our dreams. This means that you may have to work through some insecurities in order to use dream magic.

Even though you know you're in a dream, your mind might still struggle to believe that anything is possible.

The following are some fun things to try out in your lucid dreams!

Using Superpowers

You can fly, walk through walls, use magic, breathe underwater, or any other superpower you can imagine in your dream. Simply think it to be true and go for it. The only obstacle is your own self-doubt. If you doubt your ability to fly, you will surely fall.

This is something I personally struggle with in my dreams. Often when I fly it's more like slow-motion jumping. It happens so frequently that I've come to expect myself to not be able to fly, which only further keeps me grounded.

Have confidence in your powers and expect them to work.

I find it helps to copy the magic from your favourite games, books, or shows as inspiration. For example, making things levitate with your mind might be difficult because it sounds so outrageous, but using a wand to cast a levitation spell might be easier for your mind to understand and believe in.

Manifesting Objects

Sometimes you are going to want certain objects, like a wand, to appear in your dreams. While it is possible to manifest things out of thin air, your mind might struggle to believe this, which can prevent it from happening.

A helpful tip for manifesting objects in a dream is to believe the object already exists, you just need to find it first.

It's like when your keys go missing; you know they are here somewhere, you just need to find them.

Need to manifest a gorgeous dress? Look in a closet. Want the keys to your new car? Search the end table.

Look for the things you want and expect to find them. You need to believe these objects exist, and that you have simply forgotten where you left them. Open boxes, search under the bed, look in a bush.

That thing you desire is here, somewhere, you just need to find it.

The same is said for manifesting people. Don't expect your dream lover to pop into existence right before your eyes. Instead, expect to bump into them. Perhaps they are right around the next corner? Maybe they are waiting at the park or currently in the bathroom. Ask for them to show up and they might just knock on your door!

Remember: Words and numbers are confusing in dreams, even when we are lucid. Don't expect to read an ancient text or be able to dial a phone to call your best friend.

Doors and Travelling

Doors are a lucid dreamer's best trick. If you need to go somewhere, or simply get away from something, use a door. Think about where you want to go and believe the door will take you there. Then open it and walk through without hesitating. Instant transportation!

Be creative with doors. You can find them everywhere you expect them to be, or you can make your own. Put a door on the floor and fall into outer space. Create your own inner sanctum, starting with a magical door that transports you somewhere magical!

Trust that the door will take you where you want to go.

Spinning is another good technique to change your dream, but in my experience the results can be inconsistent.

If you want to change your dream or escape a situation, simply close your eyes and spin while thinking about where you want to go. If you get it right, when you open your eyes you will be somewhere new!

Creation

Making things from scratch, such as a door, can require great effort. Take your time and go slowly. For example, when making a door use your finger to trace the rectangle shape, then add a door knob. It doesn't need to be perfect, just believable to your skeptical mind.

You can create whole scenes, one small piece at a time. Change the walls with a blink of your eyes. Will something into existence just by speaking it out loud. It's really simple in theory but can take many dreams to master.

Go slowly. Instead of trying to manifest an orgy in a mansion full of cakes, start by creating a nice open green space. Then try to manifest a small cushion. Test it out and change it if you like. Then work on a one layer cake, then two. Work your way up.

People can be hard to create, especially if you are trying to replicate someone real. Have patience, nobody becomes an incredible artist in one day, so don't expect to master dream magic in just one night. Sometimes it might be worthwhile to just enjoy the company of your imperfect dream person instead of spending the whole dream trying to get their face just right.

Likewise you can use your dreams to practice skills or prepare for difficult moments. I've heard of authors creating the characters in their novels to see how they interact with each other. Or you can practice a new painting technique or perhaps finally beat your old sprinting record.

It's your dream, so have fun with it!

Practice and Patience

Dream magic is wonderful and so much fun to use. This is often why lucid dreaming is so appealing to people, because in our dreams we can do whatever we want. The biggest and only challenge is learning to trust and believe in your powers, just like in your waking life.

Celebrate your achievements, no matter how small, and remember that dreams are naturally confusing and absurd. Just because you have become lucid doesn't mean controlling your dreams will be easy!

The better you get at dream magic, the more your confidence will grow, making it even easier to control your dreams. Keep practicing, and have patience with yourself. See the humor in your failures, and recognize that every attempt increases your skills.

You are capable of magic, I promise.

Step Seven: The Mystical Side Of Dreaming

So far you have learned how to test your reality and look out for faulty dream logic. You know how to manifest anything in your dreams, even if you haven't successfully done it yet. You have all the wisdom and knowledge you need, all that's left is to put it into practice!

Before I leave you to continue this journey on your own, I wanted to briefly talk about the spiritual aspect of lucid dreaming.

Personally speaking, I have had some of my most profound spiritual moments while dreaming, which is in part why I wanted to create this guide.

Your dream experiences can be harnessed as the valuable gifts they are, containing great understanding of ourselves and the nature of the universe. Let's explore some of the other incredible things you can do while in a dream.

Cosmic Encounters With Other People

I've heard of lucid dreams in which people meet someone, familiar or strange, who appears to be in their own dream too! More research is

clearly needed in this area, but the idea of being able to connect with someone else while you sleep is very intriguing.

I've had multiple lucid pregnancy dreams involving meeting my unborn children, which as you can imagine is an incredible experience!

The biggest challenge with connecting with others in a dream is calling the person to you, and then being able to tell who it really is without being tricked by your dream projections.

Sometimes I have called my spirit guide to me in a lucid dream, but if I'm not in a calm and grounded headspace the resulting person who appears can be frightening or confusing. There seems to be a difference between the people our minds create to fill the space in dreams, and the presence of some intelligent force. I'm excited to see where the exploration of such ideas will lead us.

Astral Projection

The debate over the reality of the experience of astral projection is beyond this guide, but I wanted to quickly introduce the idea for those who might be curious.

Astral projection is the phenomenon of a dreamer's soul, or dream body, leaving its physical body and travelling around before returning when the body is ready to wake.

Personally, I believe astral projection is a form of lucid dreaming in which the dreamer immediately goes into a state of lucid awareness upon falling asleep.

There is a question as to whether the dreamer is exploring a dream realm that looks like their waking reality, or if they are truly exploring the same

reality that their body resides in. Or perhaps astral projection is the overlap of the dream veil and our physical world.

These are a few of the mysterious questions explored through lucid dreaming.

Self-Growth

Increasing our self-awareness is a powerful potential side-effect of lucid dreaming.

Our dreams are often full of symbols and messages from our subconscious, so when we become lucid in these dreams, we are able to explore these symbols in a safe environment.

Imagine finding yourself in a classic bad dream where you are being chased by some terrible fear. If you were to become lucid in that moment, you could muster up the courage to face your fears, literally, and ask it what it wants of you. You might be surprised with the answer.

You can use your dreams to face your fears, build your confidence, experiment with different passions, explore your interests, and discover who you are on a deeper, soul level.

However, I want to remind you that the dream realm isn't as serious as we might want it to be. We shouldn't expect to receive simple answers to our big burning questions while in a dream. While this could happen, try to not get too frustrated when your questions are met with riddles or otherwise confusing answers.

In my experience, the more desperate I am for answers, the more confusing the answers become!

You may find that you don't always want to become lucid, and might choose to continue along with a dream story just to see what your subconscious is trying to show you right now.

All dreams, lucid or not, bring the opportunity to learn something about ourselves and how we feel about our lives. Lucid dreaming is simply a beautiful way to direct and influence the experience.

Conclusion

Remember to relax and enjoy the journey. You have the rest of your life to dream, and lucid dreaming is something you can do, or not, as much as you desire.

To have lucid dreams, all you need do is practice looking for the signs. Bring your awareness back into the moment and ask yourself, "Am I dreaming?" Eventually you too will have incredible dreams that you manifested for yourself.

Imagine how life changing it could be!

Whether you are speaking to your unborn children, receiving wisdom from your spirit guide, reuniting with long lost loved ones, or simply using your dreams as an opportunity for fun and exploration, lucid dreaming provides a great window into our own souls. It can help us face our fears, build our confidence, or simply try new things.

The dream realm is never-ending and reaches far beyond the scope of this little guide. Who knows what discoveries, both personal or communal, are waiting for us in our dreams? All we need do is ask ourselves the question, "Am I dreaming?" and then decide what we will do with that answer.

This concludes our seven step lucid dreaming journey. As always, you can email me at diane@dianetwineheart.com or comment or message me on social media and tell me your thoughts or share some interesting dreams.

Oh, and if you ever want to find me in a dream, I will be waiting in my room, behind the purple door. Knock three times, and you should find me there.

Happy dreaming.

Resources

Want more information about lucid dreaming? Check these out!

You can read some of my own personal experiences with lucid dreaming on my blog, [found here](#).

Reddit has a wonderful lucid dreaming community, [found here](#).

[Dreaming Wide Awake](#) by [David Jay Brown](#) is my favourite book on the metaphysical side of lucid dreaming.