

UNDERGROUND GENIUS

LUCID DREAMING: Exploring the Mysterious World of Imagination



Jamie Alexander

Copyright Info & Legal Disclaimers

All contents copyright © 2012 by [Jamie Alexander](#), and [LucidAbility.com](#). All rights reserved. No part of this document or accompanying files may be reproduced or transmitted in any form, electronic or otherwise, by any means without the prior written permission of the publisher.

This ebook is presented to you for informational purposes only and is not a substitution for any professional advice. The contents herein are based on the views and opinions of the author and all associated contributors.

While every effort has been made by the author and all associated contributors to present accurate and up to date information within this document, it is apparent technologies rapidly change. Therefore, the author and all associated contributors reserve the right to update the contents and information provided herein as these changes progress. The author and/or all associated contributors take no responsibility for any errors or omissions if such discrepancies exist within this document.

The author and all other contributors accept no responsibility for any consequential actions taken, whether monetary, legal, or otherwise, by any and all readers of the materials provided. It is the readers sole responsibility to seek professional advice before taking any action on their part.

Readers results will vary based on their skill level and individual perception of the contents herein, and thus no guarantees, monetarily or otherwise, can be made accurately. Therefore, no guarantees are made.

Contents

<u>Foreword.....</u>	<u>4</u>
<u>Introduction.....</u>	<u>5</u>
<u>Step 1</u>	
<u>How To Remember Dreams.....</u>	<u>6</u>
<u>Step 2</u>	
<u>Reality Checks.....</u>	<u>10</u>
<u>Step 3</u>	
<u>Lucid Affirmations.....</u>	<u>14</u>
<u>Step 4</u>	
<u>Visualization.....</u>	<u>16</u>
<u>Step 5</u>	
<u>Inside The Dream.....</u>	<u>18</u>
<u>Action Plan</u>	<u>22</u>
<u>What Now?.....</u>	<u>23</u>

Foreword

I don't even remember when it first happened. It was a long time ago. Those 10 seconds still seem so real to me. I remember being in a strange, dark castle. It was like a scene out of an old computer game, Doom. My very first time waking up inside a dream.

2011 was the worst year of my life. I made a discovery that still annoys me to this day: that it's possible to intentionally wake up in dreams. I had wasted nearly 20 years of my life, since that first lucid dream, that I could have spent exploring the dream world.

From the moment I found out how to lucid dream I was hooked. I hadn't even started yet when I had all these ideas floating about in my mind. It took me almost a year before I felt comfortable writing about my time in the dream world.

I'm giving you this short guide because I want you to know what it's like to wake up inside your dreams. I have so much I want to share with you at my website. I know you won't be able to fully understand, or even trust what I write until you know what it feels like to wake up inside the dream world.

Jamie Alexander

Introduction

You dream every night, yet you probably can't remember them fully. If you did you would realize you live in two worlds. The world you call reality and the world inside your mind.

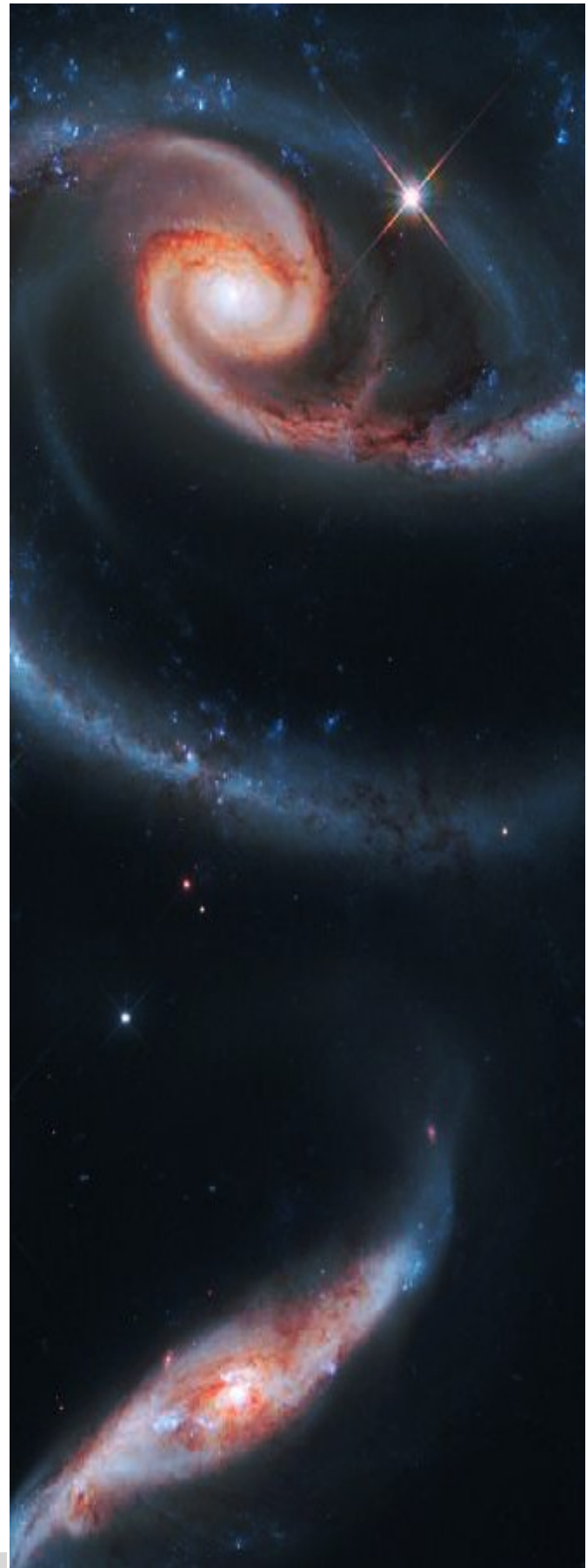
I'm going to teach you how to become conscious while inside your dreams. By the end of this book you will have the skills necessary not only to become aware you are dreaming, but to remain inside the dream world for prolonged periods of time and explore them freely.

Once you can remain conscious inside a dream you become a superhero. An immortal being who can manipulate the world however they wish. You could:

- ★ Fly like superman
- ★ Walk through solid walls
- ★ Travel to outer space
- ★ Visit the dinosaurs

The aim of this book is simple: to enable you to wake up in the dream world as quickly as possible without it disrupting your life. It's a very quick read with all the tools you will need for your first glimpse at what a dream looks like when you're awake.

Once you read the guide and practice the skills, please come back to the website and find out how you can explore your dreams further.



Step 1

How To Remember Dreams

Guess what Happens When you Wake Up
with a Blank Memory?

You won't remember being lucid!

What's the point in learning to have lucid dreams if you don't remember them when you wake up? It's annoying. I know because it's happened to me. It's probably happened to you, too. Today marks the end of blank memories.

From now on you must strive to improve your dream recall. Not only will this help you have more lucid dreams, but you dream about some really cool stuff every night and you don't want to miss anything.

Luckily for you, it's not too difficult to improve dream recall. If you can write (or even draw pictures) then you have all the skills needed to improve your dream memory starting tomorrow.

How To Improve Dream Memory?

Dream memories are different from normal ones. Usually your dream memory gets wiped out as soon as you open your eyes and think about breakfast. You could say your dream memory is hidden away inside a secret chamber somewhere inside your mind.

Picture the chamber for a moment and focus on the wall. When you make an effort to remember your dreams it creates a tiny hole in the wall and a small amount of dream memory escapes. As you keep building up your dream recall the holes become bigger and bigger, until you can eventually remember a bigger proportion of your dreams. Not only that, but you can often remember more than one per night.

It Begins with a Dream Journal

The path to lucid dreaming should always begin with a dream journal. You're going to use this to write down your dreams every morning. By not only remembering your dreams but actually writing them down, it gives you a record of your experiences so you can go over them, reliving them in all their detail. There are other reasons for keeping a dream journal but you will learn about them another time.

As Soon as You Wake Up

This is important: don't move when you wake up. You know what your memory is like. As soon as you start moving you will forget everything. I also want you to try and keep your eyes closed. This is going to be hard in the beginning because you won't even be thinking about it, but the more you try to keep your eyes closed the easier it becomes. As long as you're remembering your dreams don't let it get to you if it takes a while.

How to Tackle the Dream

You need to go over the dream in order to remember more details about what happened. What I like to begin with is to simply scan over the whole dream as fast as possible, picking out all the major events that happened. Basically trying to work out the overall storyline, or at least as much of it as I can remember.

The traditional method of going over the dream is by starting from the end and working your way towards the beginning. It works. Try not to rush this. It's better to concentrate on picking out particular details which will help you later on. After you reach back as far as possible you can then reverse the process and go over the dream again working your way from beginning to end.

You won't be able to remember them fully in the beginning. The trick is to remember as much as you can, and eventually you will remember more and more each morning. It doesn't matter how slow you progress as long as you're making progress.

Here is a list of some things you can look out for that will make filling in your dream journal a lot easier:

- Location – Where did it take place?
- People – Who did you meet?
- Actions – What did you do?
- Emotions – Did you have any strong feelings?
- Objects – What did you see/use?
- Smells – Any certain smells you remember?
- Sounds – Did you hear anything?
- Tastes – Did you taste anything?
- Touch – Did you touch anything strange?

Writing a Story

When it comes to writing it down, I like to write it as a short story that follows a chronological order. A story that I can later read over and relive the dream in my mind. You're going to want to quickly scan over your dream journal in the future to pick out related occurrences.

The easiest way to make this possible is by highlighting all the important words and phrases you think are important. Another good practice is to give each entry a title, something which will later help you remember the dream when you glance over it.

It's Time to Put Pen to Paper

Once everything is stored away inside your head, you want to write it down as soon as possible before you even think of anything else. Have your journal handy so it's just a case of grabbing it from the night stand and filling it in.

It's only going to take about 5 minutes. At least in the beginning, write down at least one journal entry per day. Try to keep your handwriting as neat as possible. It makes it a lot easier to read in the future.

Something cool is going to start happening. You'll begin to remember more each day, things you would never have remembered in a million years if you weren't writing them down.

After you begin filling in the journal start taking it out at night and reading through it, reliving each dream and drilling it into your head. Maybe more memory will leak though.

Step 2

Reality Checks

So What the Hell is a Reality Check Anyway?

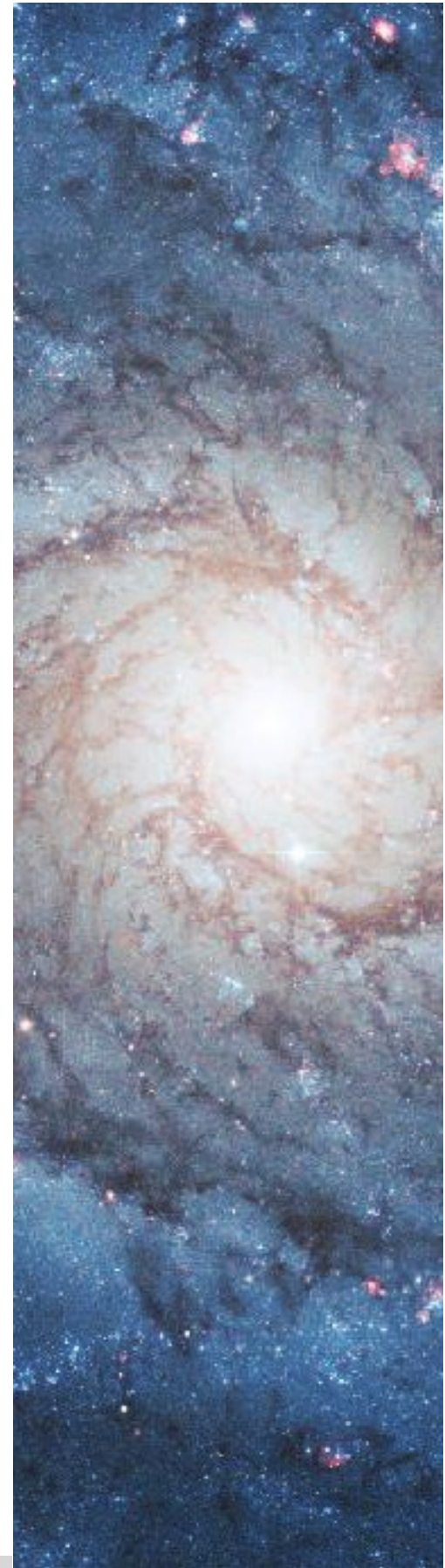
It's a Magic Trick

A reality check is a test you perform and it tells you if you are dreaming or not. Both worlds are very similar, especially considering your brain doesn't know the difference between whether you're dreaming or awake.

To understand this, think about the kind of things you dream about. If your brain knew it was a dream you would always be lucid. In order to perform a reality check we must pick out subtle differences between the dream world and reality. Things that you can do in one world but are unable to do in the other.

In the beginning, the easiest way to become lucid is to choose a reality check which is possible in the real world, but impossible in a dream. The trick is to keep performing the reality check when you're awake. If you carry it out enough times it becomes a subconscious habit and you will automatically carry out the test inside a dream.

When you do... BAM! You become lucid.



Digital Watch Reality Test

The digital watch technique is one of the easiest reality checks you can perform. If you've just discovered lucid dreaming and have no idea what you're doing I'd suggest you use this test. Let me start by saying it's impossible to read a digital watch in the dream world like you can in reality. My mad scientist explanation is because the part of your brain which processes the information required to process the numbers counting down is fast asleep.

I can't even see a digital watch face in the dream world. It's hazed over by a big black smudge. When I look at my watch I know I'm dreaming straight away. Some people have reported seeing lots of strange things in place of the numbers such as symbols. But please note that some people can actually see the numbers on the watch face. Because of this, there's a system in place which will prevent any false readings.

Safety Feature

You have to look at the watch three separate times in each test. This will take away the possibility of getting a false reading and wasting a chance to become lucid. You can either turn your head away three times, or what I like to do is cover the face of the watch with my opposite hand and move it back and forward three times.

When to Do the Reality Check

So basically, you check your digital watch multiple times during the day. For those of you who hate your job I'm sure this will be easy. There's lots of times you can perform the test, and feel free to choose your own, but here are a couple I think are pretty good:

- ◆ When you wake up
- ◆ On each hour

Lucid Dreaming

Exploring the Mysterious World of Imagination

When you Wake Up

This is required. You must perform a reality check when you wake up. You could have a false awakening and waste a chance to become lucid for the sake of a quick check. Not recommended.

On Each Hour

I have a simple Casio watch that beeps every hour. It makes sense to perform a test whenever I hear the beep, and since it beeps 24 times per day I always catch a good number of them. Simple.

Hand Detail Reality Check

I'm going to give you another reality check you can perform if you don't have a digital watch, or maybe you'll prefer this one. I'm including it because I speak about staring at your hands during lucid affirmations. I'll go into more detail later on but if you want to perform this as a reality check along with lucid affirmations, you can. To be continued later in the book...

Examples

Like I said, make up your own if you want but those are easy and the ones I do. Here is a little list of other times you can perform the test if you wish:

- ★ When you eat
- ★ When you're on the phone
- ★ When you enter a building
- ★ When you see a friend
- ★ When you buy something
- ★ When you go to the toilet
- ★ When you enter a car
- ★ When you have a drink

Self-Awareness – Don't be a Zombie

You know what it's like. Everyone walks around like a zombie and has no clue what's going on. I bet you've driven to work and had no recollection of driving by a certain street. We're almost conditioned not to pay full attention.

This can be our downfall in the dream world. A high level of self-awareness will not only help us become lucid, but it will help us remain lucid for longer. You need to become fully self-aware when you're carrying out reality checks.

Don't just give your watch a quick once over. Don't just have a quick glance at your hands. You need to be constantly asking yourself if you're dreaming while performing the reality check.

After you've finished have a look around just to make sure it's not a dream. Or is it? Just be aware you must constantly be questioning your reality, especially when doing reality checks. Look closer and really study the details in your watch, hands and the world around you.



Step 3

Lucid Affirmations

When's it not crazy to speak to yourself and expect a reply?

... Using Lucid Affirmations

An affirmation is a statement you give your subconscious mind. You tell it what you want to happen and hope it helps out. In a perfect world you could tell your subconscious mind to remind you when you're dreaming and it would oblige. That's the basic idea. When you're lying in bed you need to tell yourself you will become lucid; something along the lines of:

“Tonight I will have a lucid dream”

And repeatedly tell yourself this until you can't be bothered anymore, or when your subconscious mind turns around and tells you to shut up.

Affirmations with a Specific Message

I'm not a fan of using such loose affirmations as, "Tonight I will have a lucid dream." I like my affirmations to have purpose. A specific event in mind. Eventually you will have a list of dream signs which you can use for dream sign affirmations, but just now I'm going to tell you about an affirmation I've had success with.

The Hand Affirmation

This was originally taught by a Yaqui Shaman, Don Juan, as a way of becoming conscious inside a dream. It involved studying closely the details in your hands as you told yourself:

“When I see my hands in my dream tonight I’ll become
lucid.”

This is What to Do

So when you get settled into bed at night, right before your visualizations, hold your hands in front of you and spend a while studying them in great detail. Look closely at the lines, marks and minuscule canyons. Pick out as much tiny details as you can.

As you do this, repeat the affirmation, “When I see my hands in my dream tonight I’ll become lucid.” Don’t go crazy on time, but don’t just do it for a minute. Try aiming for 5 minutes or more. Imagine you're looking at them from inside a dream.

Now what happens is you’ll notice your hands at some point during a dream and suddenly become conscious of the fact you’re dreaming. It doesn’t work every time, but it does work and that’s the important part.

Step 4

Visualization

Are you Ready to Use Your Imagination?

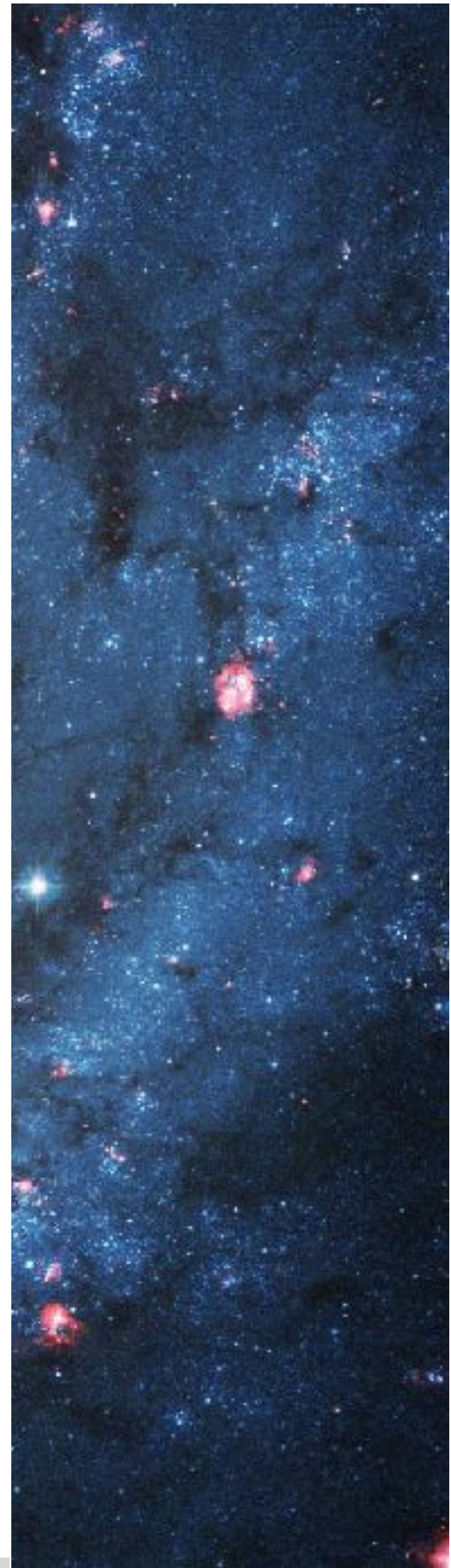
Don't worry. This is the fun part...

The final step towards achieving lucidity is performing visualization exercises which come straight after you've completed your lucid affirmations. You're going to be falling asleep during the visualizations so make sure you've already sorted yourself out and ready for bed. Remember to lay out your dream journal so it's handy tomorrow morning.

Once you're tucked up and lying in your bed it's time to begin visualizing a dream you want to have. Choose anything you want, but here's a little hint: if you're going to be using the hand affirmation choose a dream where you'll see your hands a lot.

The aim of the game is to relax and become fully immersed in the dream. You really have to try hard and picture yourself actually there. Don't only use your visual sense. You need to use all the senses you have available, or at least your favorite couple.

Below is a short set of examples which will help you achieve more realistic visualizations:



Lucid Dreaming

Exploring the Mysterious World of Imagination

- ★ **Sight** – You're at Disneyland. What can you see? Picture the roller coasters as they pass you by. Can you see the huge lines gathering at the rides?
- ★ **Feeling** – What can you feel? Can you feel your stomach turning as you loop the loop? What does it feel like when you bash into someone's bumper car?
- ★ **Sound** – What can you hear? What music is coming from the rides? Can you hear people scream as they get covered in water?
- ★ **Taste** – What can you taste? How does the relish on your burger taste? What about the cotton candy?
- ★ **Smell** – Can you smell anything? What about the smell coming from the hotdog stand? Or maybe you can smell the burger as you're about to take a bite.

You Need to Believe you're Lucid

Once you start visualizing, you're going to imagine you've seen your hands and realized it's a dream. Look at your hands closely. By that I mean you don't just have a quick glance. Stare at them. As I talked about in the affirmation chapter, you have to look closely at all the tiny little details. This will become apparent in the dream.

Once you've pretended to become lucid it's now time to carry on with your dream. Do whatever it is you were doing before, but always remind yourself you are lucid. Keep checking your hands and looking at the details. Try to see more and more each time you look. Always be looking at your dream world like you know it's a dream.

You need to carry on visualizing until you fall asleep. Chances are it won't take as long as you usually do to fall asleep. You won't even remember falling asleep. You need to make sure the last thing on your mind before you drop off is that you were dreaming lucidly.

Step 5

Inside The Dream

It's Time for the Main Event!

Are you ready?

I already know what's going to happen. I could be a voodoo man who can read the future, or more likely because it happens to everyone the first time. You are going to realize you're dreaming and get so excited you wake yourself up. It happens. Unfortunately it's very hard to control your emotions the first time you wake up inside your own dream.

There's a few things I want to leave you with that will hopefully solve this problem and you will have the ability to build up your skills and remain longer in the dream world each time.

There is three major things you need to do when inside the dream, which I've experimented with after finding out about lucid dreaming:

- Control your Emotions
- Anchor Yourself In
- Remain Aware

Control your Emotions

As I said before, you're going to be very excited when you first realize you're dreaming. If you don't, you ain't human. There's a difference between controlling emotions and not being excited. I'm not saying you can't be happy, but you need to try and constrain yourself from going crazy and jumping up and down like a cheerleader.

I'm not going to explain how you can remain calm. You're not stupid. Just do what it is you do to relax. If you can't manage it straight away you will eventually learn to keep your emotions at bay.

Anchor Yourself In

Before you do anything you must anchor yourself into the dream. Think of a television as soon as you take it out of the box. You need to play about with the setup until you can stabilize the picture and make it clear. I've always found that the traditional methods worked best.

Focus on Your Hands – It's this one again. Carefully focus on your hands with all your awareness. You will see your hands jump into focus. It's a pretty cool feeling the first time you see this. The dream will be completely unfocused and the first thing you see are the minute details in your hands as they become more vivid and stable.

Command the Dream – The subconscious is your friend. Shout out to the dream, “STABILIZE NOW” as you're staring at your hands, which helps stabilize the dream and anchors yourself in. When you look up at the dream and it's not quite in focus you can command to the dream, “FOCUS NOW.” Sometimes you need to ask the dream more than once before it will listen.

Repeat these steps whenever you feel the dream becoming fuzzy and not quite stable.

Remain Aware

If you don't remain aware inside the dream you can easily slip back into an unconscious state. Don't let yourself forget it's a dream. Sometimes you will see or do something and get lost in the moment, only to completely forget you're dreaming. To remain aware you constantly need to be telling yourself it's a dream. Sporadically stare at your hands. The goal is complete awareness. Once you get more experienced it's much easier to do this without thinking.

What to do Inside the Dream

Once you have anchored yourself into the dream it's time to explore. There's unlimited amounts of things you can do. I personally think it's best to take it easy. Build your lucid abilities up slowly and not rush into something that's going to make you wake up prematurely. To begin with it's a good idea to make yourself at home. Start touching things and getting a feel for them. Talk to anyone who might be around and ask them questions. Get to know your dream friends.

You'll obviously want to try flying. There's nothing quite like it. The trick is to believe you can fly and do it in whatever style suits you. I was lucky and became lucid one day after I had just been flying, so naturally I just did what I had previously been doing and haven't looked back. I tend to fly like superman but without the fists pointing out, probably because I constantly watched the movies when I was younger. I've written an article, [here](#), about some of the difficulties I've come up against so far, but they rarely happen.

Another easy thing to do is try walking or putting your hand through solid objects. I don't know if it will feel the same for me as it does for you, but I absolutely love it. Just believe you can do it and you will have the ability. It's all in your mind. You can eventually begin flying through solid objects.

Stopping Yourself from Waking Up

You will know when the dream's beginning to fall apart, and eventually you will watch it crumble around you. There's a few techniques you can perform that will help you stay in the dream. You're starting to be drawn to your physical body, so these techniques will help keep you in the dream by trying to focus your senses back on the dream:

Spinning Around – Spinning in a dream has more than one use but we will use it here for remaining in the dream. Personally, this one tends to wake me up. I've even tried spinning on a miniature fairground carousel, but I was holding onto the side and the force of the spin sucked me off and I woke up. Just start spinning in circles.

Rubbing your Hands Together – This one is simple, unless you're me. You are meant to rub your hands together as fast as possible so you can feel the friction. If you're me you find you have tar on your hands and they're impossible to rub together. I also hate this one, but it's a favorite of many people.

Touching Something Solid – Like a wall or the ground. If the dream is starting to break up hold onto something solid, even if it means dropping down and touching the ground.

Singing Out Loud – I like this one. It's my favorite. My lucid dreams started lasting longer when I started singing at the top of my lungs and really focusing on my voice. I also stare at my hands as I'm singing.

Action Plan

To speed up the results, let's combine everything you've learned into an action plan. Follow this every day and stay really positive about having your first lucid dream as quickly as possible.

Action Plan Outside the Dream

- 1 Fill Out Dream Journal Every Morning
- 2 Perform Reality Check 30 Times Per Day
- 3 Hand Affirmations Before Bed
- 4 Visualize Lucid Dream Until You're Sleeping

Action Plan Inside the Dream

- 1 Control your Emotions
- 2 Anchor Yourself In
- 3 Remain Aware
- 4 Pick a Method to Stay in the Dream

What Now?

Well done, my friend. You are now ready to begin your journey into the mysterious world of imagination. I guarantee lucid dreaming will be the best thing you have ever learned. I'm so excited about you having your first one. I hope you tell me about it.

Over at LucidAbility.com I'm going to be exploring and experimenting with all the wonderful things we can accomplish with lucid dreaming. I hope you come back and we can explore the dream world together.

Good luck, and please email me at Jamie@LucidAbility.com to let me know what you think of my lucid dreaming guide and keep me updated on your progress.

Happy Dreaming,

Jamie Alexander

