

Lucid Dreaming Methodology

Take Diary and pen and keep it near the bed and easily accessible.

Before sleeping, takes the diary in your hand and concentrate on it and try to remember every part of it with the timekeeper. Also, notice your hand and nail and count from 100 to 1 before sleeping.

Imagine the diary for 1 minute and see time moving on timekeeper by closing your eyes. Notice every second on the timekeeper till 1 minute.

Now time to sleep and notice reverse timekeeper.

When you will have, a dream try to remember as much as you can. There are basically 4 to 5 cycles of dream each night if you dreamed and noticed that. But problem is that you will hardly remember your last cycle of dream and forget all about other dream cycles.

Immediately after waking up write down briefly all things you have remembered about the dream.

This way in 1 to 2 weeks you can notice all dreams and remember it.

Now the time is for lucid dreaming. Try to see your hands, that diary, and timekeeper in your dream. It is hard but possible after 2 to 3 trials.

After that, you can get the ability to control some things in the dream but not all. It will take 5 to 6 months to control the dreams overall.

If you wish to dream about something then watch it, make an illusion of it, imagine it and you will have a dream of it. This way you can also solve your mathematical problem as well as simulate any situation and solve it. But to do this you will need to meditate properly for at least 20 minutes daily.

BEST OF LUCK FOR NEXT LEVEL OF LIVING AND PROBLEM SOLVING