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Lucid Dream Example. Detailed step by step process of becoming lucid within a dream. Guide for three different lucid dreams in same night.

#### Lucid Dreaming For Dummies: A Step-By-Step Guide

The first step to Lucid Dreaming is asking yourself the question "Is this real?". When you get into the habit of asking you will find yourself asking that same question in your dreams.

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*Lucid Dreaming Step By Step*

Step into your dreams and adjust any aspects you need to. Create a calm peaceful space for learning. Use a Dream Journal. Keep a notebook by the bed to write down dreams and teachings that feel really profound and memorable.

#### How to Lucid Dream - Step 1

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This step requires you to affirm to yourself that will have lucid dream. Just lay in your bed relaxed and keep repeating, "I will become lucid" or "I will have a lucid dream tonight". Convincing yourself that you will have a lucid dream will solidify your intentions.

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This is perhaps the most important step towards lucid dreaming. Keep it close by your bed at night, and write in it immediately after waking. Or you can keep a recording device if you find it easier to repeat your dream out loud. This helps you recognize your common dream elements (people from your past, specific places, etc.), and also tells ...

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