

A DREAM OF LUCID WORLDS

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He called this technique for inducing lucid dreams the Reflexionstechnik reflection technique. But I also think, if you're using lucid dreaming for self-exploration, you might want to take a moment and ask yourself if you really want to commit an act of harm on your inner psyche. West Eds.

For the first time there was communication between someone that was asleep and someone that was awake. Certain substances like alcohol and marijuana can affect your ability to dream, just as anxiety and depression can cause sleep disturbances. The degree to which a person can influence their dream if they are lucid while dreaming also varies to a great extent.

Read through the questions and be sure to re-visit this page if you experience... can learn to explore alien planets in a split second, and understand complex scientific problems, maths issues and complicated theories and ideas with lucid dreaming. Once awake, the person should aim to remain awake for a while, before going back to bed.