

# Psychic Development Through Lucid Dreaming



A Beginner's Guide

ANGELA MOORE

CVSMT, RMT

# Psychic Development Through Lucid Dreaming: A Beginner's Guide

*"If real is what you can feel, smell, taste, and see, then 'real' is simply electrical signals interpreted by your brain."* ~ Morpheus in [The Matrix](#)

Hello and welcome to this beginner's guide to lucid dreaming. I am so very excited to share this with you. Using these top techniques can help you begin to understand yourself on a deeper level. During lucid dreaming you can experience yourself beyond what you have access to in the conscious mind, as well as being able to see beyond the physical realm. Lucid dreaming helps you see yourself as an energetic, spiritual being, which is the deeper essence of who you are beyond the boundaries of physical reality. It can help strengthen your imagination, which is an essential component to developing your psychic abilities.

*"Imagination is more important than knowledge. For knowledge is limited to all we know and understand, while imagination embraces the entire world, and all there ever will be to know and understand."*

*~ Albert Einstein*

## What is Lucid Dreaming?

This is for all of you, like me, who geek out through learning new words. **Oneironautics** is the scientific name for lucid dreaming. Oneironaut is derived from two Greek words, *oneira* meaning 'dreams', and *nautis* meaning 'sailor'. An oneironaut is someone who has learned to travel consciously in the dream world, exploring this realm with clarity and awareness.

## Why Lucid Dream?

Lucid dreaming is a wonderful way to get to know yourself on a new level, without the interference of your conscious mind or ego. It can bring deeper understanding to your life, experiences, relationships, and path forward. Lucid dreaming can help you receive answers and guidance through conversing with your Spirit Guides, crossed-over loved ones, ancestors, and angelic beings. Lucid dreaming can bring about healing in profound ways. Dreams are often a way in which we find the answers to problems that are buried deep beneath the surface of the conscious mind. We often do that through meditation, but some people struggle to achieve a meditative state. Lucid dreaming can be an answer for those who struggle with meditation. Lucid dreaming can also be a way for you to begin experiencing how to place yourself in a meditative state.

Through lucid dreaming you can have experiences that defy the laws of physics. You can travel through space, or experience going back in time to a past life. If you can dream it, you can experience it through a lucid dream.

## Defying the Laws of Physics: my experience with a lucid dream...

*I sat down in a living room chair to rest and meditate. My plan was to work with Moldavite (a crystal that comes from a meteor) and get to know it a bit better. I had that crystal in my left hand and a Seraphinite (a crystal that connects with the angelic realms) in my right hand, having learned that they work well together.*

*I relaxed and accidentally fell asleep. The next thing I knew I was wide awake but my body was asleep. Two Angels had appeared by my side. One of them told me I needed some healing so they were there to escort me and watch over me. I nodded both my understanding and agreement that they could take me wherever I needed to go.*

*Suddenly, I was flying through space with an Angel on either side of me taking me to my destination! I looked down at my hands and there were gold sparks of light and heat coming off them as we traveled at rapid speed through space. They gently dropped me on the surface of the sun and told me to swim and play. I was amazed because there was no fear, only joy at being in the sun. It felt like swimming and playing in a warm, energizing, soothing bath. I dove and splashed and swam and floated, staying near the surface.*

*Then I wondered what was deeper down so I dove intentionally down towards where the Light was brighter. The Angels came into the sun and gently guided me back to the surface. I tried again several more times, feeling as if there was something calling to me. Every time the Angels gently grabbed and pulled me back to the surface.*

*They told me that I was not allowed to go more than a few feet down and I had to agree to stay close to the surface. I agreed and continued to swim and play. They watched over me with smiles and love just as I used to watch my daughters play when they were little. And, as you would expect from a child, I didn't want to leave when it was time to go home.*

*Finally, they said I had received all I needed from my sunbath. They lifted me up, we flew home, and the next thing I knew I was awake in the living room chair. I felt tingly warm and buzzy all over, and I could still feel the energetic imprint of the Angels where they had held me as we flew.*

## What Does it Take to Lucid Dream?

Lucid dreaming takes a bit of practice to do consistently. However, you have experienced this state without even recognizing it as a lucid dream. Every day your mind takes little breaks from focused activity to send information to the processors in your brain. These are the times you find yourself staring into space or daydreaming. We all have a tendency to get down on ourselves, especially at work, when we 'wake up' and realize that our mind has wandered and we have lost focus. Actually, this process is essential to keep your mind and brain running smoothly and functioning well. When you find your mind has wandered, think about where it went and what that experience was. If you look for the signs that I explain a bit later on, you will be able to determine if you had a spontaneous lucid dream. When you want to lucid dream on purpose, keep in mind what you want to achieve from this process. You will soon find that lucid dreaming helps you live a better, more intentional life.

## Here are some Essentials of Lucid Dreaming:

### 1. Adequate Motivation

Deciding you want to lucid dream is the first step. Do you want clarity? Do you want to experience superpowers? Do you want to experience a walk on the moon or under the sea? What do you want to do in your lucid dream experience?

Once you have one lucid dream, having more of them will come more easily, and you will learn to control them.

### 2. Correct Practice of Effective Techniques

Remember not to try too hard. Practice the techniques then allow dreaming to happen.

Trying too hard can keep you from lucid dreaming, so be patient with yourself.

### 3. Excellent Dream Recall

Write down the details of your dreams as soon as you awaken. Set your intention to recall your dreams before you fall asleep.

## External Aids to Help Achieve Lucidity

### Magical Objects

A small personal object can help you engage in lucid dreaming. This object could be a seashell you found on a beach, a favorite game piece, a piece of jewelry, or a favorite crystal. Wear or carry this object to entwine your energy with the object's energy. You will want this object to spark your imagination. For the purpose of getting to know yourself and your guides, pick a crystal. You can find a list of crystals that are good for lucid dreaming at the end of this guide.

You can practice your intention for lucidity as you hold this object. Sleep with it and set the intention that you will have it in your hand when you awaken in your dream.

### Tattoos

If you have a tattoo, you can use that as a reality check in a lucid dream. Set your intention that if you rub the tattoo and it smears or becomes distorted, you will realize you are awake within a dream. One former European gold medalist had a set of samurai swords tattooed onto his back because he wanted to have a weapon to carry with him into dreaming.

### Sleep in a Different Bed

Sleeping in a different bed can spark lucid dreaming since everyone tends to sleep lighter and more restless in a different environment. You could try sleeping in another room, sacking out on your sofa, pitching a tent in the backyard, or waiting til you go out of town. Set your intentions ahead of time that you will awaken in your dreams to maximize success with this tool.

## Rituals

Create a ritual you do before you wish to lucid dream. This could be a specific bath, setting your intention while holding a specific crystal, having a special drink before sleeping, wearing a certain outfit, or doing all of these steps in a particular order when you are wanting to achieve lucidity. Dr. Stephen LaBerge <sup>[a]</sup> advises that drinking something that will cause you to awaken in the night, such as a small amount of a caffeinated beverage, will help with dream recall.

## Dream Journal

Create a dream journal in which to write down your mantras and your dream experiences. Write down the information you have learned about lucid dreaming. Include interviews with experts on lucid dreaming you have seen, articles you have read, and notes sparked through reading this guide. Immersing yourself in the topic of lucid dreaming will help you achieve it.

Reading your dream journal before bed will help set your intention for recall and familiarize you with your dream style. The more familiar you are with your dream style, the easier it will become to recognize that you are dreaming, and therefore awaken and explore within it.

## Alarms

Experts recommend setting an alarm at 90-minute intervals. Later REM periods occur at 4.5, 6, or 7 hours after you go to sleep. Be sure you can flow with this without becoming frustrated. If you are like me and the alarm has a tendency to startle you when you awaken, this method should be avoided. Being startled awake works against dream recall.



## Mantras

Write mantras you can use to set yourself up for successful lucid dreaming. A mantra that is repeated with meaning, intention, and emotional attachment can be a powerful tool to assist you in achieving lucid dreaming. Here is a simple mantra you can use. "I am dreaming-this is a dream. I am lucid in my dream." Play with the rhythm of the words. You can set them to music, or create a tune for them. You can create a rhyme setting your intention. The goal of a mantra is to gently bring you back to your intention when you find your focus has wandered.

Now that you have all of the essentials, let's look at how to have your first experience with lucid dreaming. One of the most popular ways to train yourself to lucid dream is with the Mnemonic Induction Technique. That is laid out in the next chapter but a quick reminder, you will want to keep reading before you try it out as I provide you with some essential tools that will help you recognize the lucid dreaming state.

## The Mnemonic Induction Technique

This technique requires that you recall multiple dreams per night. You must remember a minimum of 1 dream per night.

### To do so you need to:

- Get plenty of sleep
- Be willing to write down dreams throughout the night
- Set an alarm based on REM cycles
- Set your intention that you will be able to fully awaken from your dreams to write them down
- Journal your dreams
- Be able to recognize when you are dreaming versus when you are awake

The average person dreams between 4-6 times per night. Dreams start out at around 5 minutes in length, but as you sleep longer and more towards the morning hours, dreams will last between 40-60 minutes.

Write down all your dreams and write them as they happen. When you awaken from a dream, hold the body position and don't make sudden movements because that can wipe away the dream. Replay the dream in your mind before you write it down. Notice and remember as much detail as you can recall and write it down as it may be significant guidance for you. If you are struggling to remember the dream, begin recalling it in reverse. Sometimes starting where the dream ended can help you remember a dream before it slips away. Avoid letting your brain kick in as this can wipe out memory recall.

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**Mnemonic Induction of Lucid Dreams (MILD):** when such-and-such happens, I want to remember to do such-and-such. This is a pairing sequence. Pairing sequences are often used to help seamlessly move you in the direction of practicing a new habit. For instance, let's say you want to start exercising first thing in the morning, but your old habit is to stay in your PJs on the couch for an hour trying to get awake. You can create a new habit by pairing. The night before you go to bed you set the intention that you will lay out exercise clothes to inspire you to get dressed first thing in the morning. You will place the clothes in the bathroom as a visual reminder to get dressed. You place your shoes next to the couch as another visual cue. The next morning you see the clothes hanging in the bathroom and get dressed. You walk into the living room and see the shoes in front of the couch. You put on your shoes and head out the door for a morning walk. You have already set the intention that, upon your return, a hot cup of coffee is your reward. Through pairing, you remove obstacles by creating an environment that helps you achieve your goal.

You can use this technique in dreams. The next time I am dreaming, I want to recognize that I am dreaming. I will use my external aids to assist in setting myself up for success.

## **MILD Exercise:**

1. Set up dream recall. Set your mind to awaken and recall your dreams.
2. Focus on your intention. "Next time I am dreaming, I will recognize that I am dreaming".
3. See yourself becoming lucid. Set up and watch for dream signs.
4. Write this information in your dream journal.
5. Use your external lucid aids to set yourself up for success.
6. Repeat your mantras until your intention is set. Repeat several times or until you are fully asleep, kind of like setting your internal clock to awaken you in the morning.

## **“WILD” Wake Initiated Lucid Dreaming**

With this method, you fall asleep consciously. You lie in bed and focus on a repetitive or continuous cycle of mental activity. This allows your body to fall asleep while you stay awake.

This is also a form of meditation practice that allows you to connect and communicate with your Guides. Tibetan lamas use a simple and effective method for falling asleep while conscious. While relaxing, visualize a beautiful lotus flower in your throat. In the center of the lotus is a red-orange flame. Focusing on this flame while relaxing will help you to fall asleep consciously.

## Dream Signs

*Dreams of waking experiences can seem similar to occurrences in dreams, so a good way to check whether you are awake or asleep is to check your watch. Look away. If the watch has changed to a different non-sequential time, you are dreaming.*

*Check in with yourself throughout the day. Ask yourself, "Am I awake, or am I dreaming?" Doing so can help you remember to ask yourself this question any time you find yourself in a dream state.*

*I had an interesting experience while sitting at my desk working on this guide. I realized I felt a little fuzzy so I checked the time to see how long I had been writing. The time was 1:57. I looked away to give my eyes a break from the screen. When I looked again the time was 12:43.*

*Whoa!*

*I had a lucid dream while writing about lucid dreaming! I would not have even realized it had I not checked the time.*

Events that take place within the dream that defy the laws of physics are also good indicators that you are dreaming. I recall an experience my dad had when I was a teenager. He was sitting in his favorite chair in the family room, staring off into space while deep in thought. We had a side door that led from that room to a back porch. He told me that while he was staring unfocused toward the door, he suddenly was able to see through it. He said he could see the sun shining on the concrete, the shadow of the pillar, the piece of firewood that had fallen off the stack that was up against the wall, blades of grass swaying in the breeze, and a robin that hopped near the porch in search of a worm. He said that when he realized he was looking through the wall and the door, he got up from his chair, walked over, and looked out the window that was in the upper part of the door. Sure enough, everything he saw from his chair was exactly as it appeared outside, including the robin searching for a worm. We were both amazed by this experience. Neither of us realized at the time that Dad had been lucid dreaming.

## Proof of the Lucid Dream State

Now that you have a few techniques to access lucid dreaming, here is a practice that will help you control your experience.

**The CLEAR Method** is used inside the lucid dream.

**C**alm down and take a deep breath when you realize you are awake in a dream. Practice ways of calming your emotions down when you are awake so you can use these techniques in lucid dreaming.

**L**ook around you for signs and symbols that you are in a lucid dream. Briefly look at your hands, and gaze around at the landscape. Don't stare as this could wake you up.

**E**ngage with the dream. It's important to interact with the dream. Engage your senses as well. What do you see? What do you feel? What do you smell? Talk to yourself about all you are taking in within the dream.

**A**nnounce that this is a dream. You can use phrases such as "I am lucid.", "This is a lucid dream.". 'Clarity now.' is useful for when the dream begins to slip away. This phrase can help you hold onto the dream.

**R**ecall what you would like to do in the dream. Why did you want to have a lucid dream in the first place? Recall within the dream what you set out to achieve while dreaming.

This method is from [Llewellyn's Complete Book of Lucid Dreaming](#) by Clare R. Johnson, PhD

## More Proof of the Lucid Dream State

### Physical Tests

When you suspect you are awake within the dream, it's a good idea to perform a reality check to answer the question, "Am I Dreaming?" A good way to test the dream is to perform physical testing such as:

**The Finger:** Can you pass your finger through the palm of your hand? In a dream, this is possible.

**The Hand:** Do your hands look normal? Count your fingers.

**The Jump:** Jump up and see if you float down. This is the gravity check. In dreaming, the laws of physics don't apply.

**The Mirror:** Does your reflection look normal?

**Reading:** Can you read the same sentence twice without it changing? Can you read the same sentence twice without it *changing*?

Remember that performing more than one test may be required in order to know whether you are lucid dreaming or in the 'awakened' state.

Get in the habit of asking yourself throughout the day, "Am I awake?". Doing so can actually spark your first lucid dream experience.

### References:

- [A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics](#) by Dylan Tucillo, Jared Zeisel, and Thomas Peise
- [Lucid Dreaming: A Concise Guide to Awakening in Your Dreams and in Your Life](#) by Stephen LaBerge, PHDI

## Now It's Time to Give it a Try!

The following meditation is designed to help you access the lucid dreaming state. Light a candle to raise the vibration in the room. Sit or lie down where you are comfortable, warm, and won't be disturbed. Be sure to take care of things such as going to the bathroom or getting a drink before you start. If you are using the written version of the meditation, read through it once before you begin, then read it again slowly as you experience each step. My suggestion is to listen to the audio version I have included with this guide. I put it to music that will help you achieve the relaxed state needed for dreaming.

[Download Guided Meditation](#)



## Meditation:

*Sit or lie down comfortably and take a few deep breaths to relax your body and mind.*

*Imagine being free of your physical body, leaving gravity behind.*

*Picture yourself flying above the earth, seeing the landscape below.*

*Feel the current of air rushing across your face as you fly, arms outstretched and gazing down from new heights.*

*As you look out in front of you, see a silver castle floating on a cloud.*

*Fly towards the castle and land near the front door.*

*As you look at the door in front of you, it opens allowing you to enter the castle.*

*Notice how the air changes around you after the freedom of flight.*

*As you step into the entrance way sconces on the wall light up, inviting you to follow the path of their light down the hallway.*

*You walk past several doors lining both sides of the hallway.*

*Continue to follow the lit sconces.*

*At the end of the hall a door opens as you approach it.*

*Walk through the door.*

*Now pause and look around.*

*Notice what you see, breathe in the smells of the space, feel the air, and notice the light.*

*As you stand there, you see someone approaching. At first, it is difficult to see them, but as they draw near you can see them very clearly.*

*Look at them closely, noticing the details as they approach.*

*They are coming to speak with you. Listen with your eyes, ears, and heart.*

## Enhance Your Lucid Dreaming Experience with Crystals

I love to work with crystals. Crystals have such a wonderfully enhancing energy to any practice. Most of these crystals are easily attainable and affordable.

Check the list of crystals below to help you choose the one(s) you would like to assist you to lucid dream. Next to each crystal, I wrote ways in which that particular crystal can benefit your dream experience. You can choose them based on what you feel you need most.

For example, let's say that you are struggling to achieve a calm state, but know that a calm state is needed to achieve lucid dreaming. Look down the list and choose a crystal that helps you by providing calming energy. White Howlite would be perfect, or you could use Smoky Quartz.

Hold the crystal in your hand when you want to lucid dream. If you have two of the same crystal, place one in your pillowcase.

## Crystals for Lucid Dreaming:

**Amethyst** Deep sleep, relaxation, reduce stress, promote good dreams

**Lapis Lazuli** Promote psychic awareness, connect with spirit guides and Akashic records

**Sodalite** Throat chakra, clarity of thought, self-expression, excellent for lucid dreaming

**Turquoise** Same as Sodalite

**Clear Quartz** Crown chakra to heal, amplify energy, intention, connect with higher self

**Obsidian** Root chakra, balance, mood swings, release negative thoughts, patterns, habits

**Azurite** Third eye, psychic awareness, intuitive understanding, connecting with spirit guides

**Moonstone** Crown chakra, emotional balance and peace, cleanse chakras, restful sleep

**Citrine** Solar plexus chakra, promotes self-confidence, personal power, increase creativity

**Aventurine** Heart chakra, compassion, emotional healing, prosperity

**Garnet** Root chakra, physical energy, vitality, passion, increases fertility

**Carnelian** Sacral/root chakras, prosperity, passion, vitality, energy

**Red Jasper** Root chakra, physical strength, stamina, endurance, protection

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**Smoky Quartz** Root/Earth Star chakras, grounding, stability, reduce emotional stress and anxiety

**Peridot** Heart chakra, emotional healing, forgiveness, prosperity

**Malachite** Heart chakra, soothing, emotional healing, forgiveness, prosperity

**Fluorite** Anxiety, clear thinking, spiritual growth, increased focus

**Rose Quartz** Heart chakra, promote love and compassion, heal emotional wounds

**Sapphire** Throat chakra, communication, self-expression, clarity of thought

**Apatite** Throat chakra, communication, self-expression, clarity of thought

**Black Tourmaline** Root chakra, protection, physical strength, stamina, endurance, charge other crystals

**Labradorite** Crown chakra, psychic awareness, intuitive understanding, connect with spirit guides

**White Howlite** Crown chakra, calmness, relaxation, reduce stress and anxiety

**Celestite** Crown chakra, peace, tranquility, connect with higher self, very powerful stone

**Hematite** Root/Earth Star chakras, grounding, stability, increase focus and concentration

**Tremolite** Helps prevent nightmares, and improves relaxation state

# NEXT STEPS IN YOUR PSYCHIC DEVELOPMENT JOURNEY

Join the waitlist and be the first to be welcomed into the Psychic Awakening Circle.

This is a full program to help you get in touch with and nurture your innate psychic abilities.

Everyone is born psychic, just like everyone is born with muscles. You can choose to leave your psychic gifts in the 'birth' stage, or you can go to the psychic 'gym' and develop those muscles. Psychic Awakening Circle is your psychic gym.

**The next group is starting soon!**

[JOIN WAITLIST NOW](#)

# Psychic Development Through Lucid Dreaming: A Beginner's Guide

This step-by-step guide to lucid dreaming for beginners was created by Angela Moore. Angela is a psychic medium and energy worker who firmly believes that we are all born psychic but we must choose to nurture our gifts.

This book is an introduction to that process.

She also helps the spiritually curious awaken their psychic abilities and hone their gifts through her readings, energy work, and most importantly, her Psychic Awakening Circle. This group meets regularly to learn how to tap into energy, recognize signs, discover their individual and innate abilities, and connect with Source.

Learn more about Angela and her work

at: <https://soundspiritualwellness.com/>

