

**abc21. Lucid Dreaming**

By Dr. Victor Jean Ouellette

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**Lucid Dreaming**

Lucid dreaming is a process of becoming aware in the dream that you are dreaming, but without waking up. One way to start training is to look about the room just as you go to bed and ask yourself if anything is out of place or unusual. After practising this questioning for many days you will come to do it in a dream too, and then you will see the incongruities and outright mistakes in the dream. The trick then is to stay in the dream. Most often you will wake up as soon as you realize you are dreaming. Your goal then becomes to stay longer and longer in the dream state.

This state is called an Altered State of Consciousness. It is normal and not to be feared.

One caution though. If you have been trained by any religions that there is a devil then that image may come to haunt you in the dream. Your goal then is to overcome that dream haunting and banish the image forever by approaching it and showing no fear, then banishing it. It's actually easier than it sounds and a great feeling of accomplishment will result.

Other fears can be tackled the same way.